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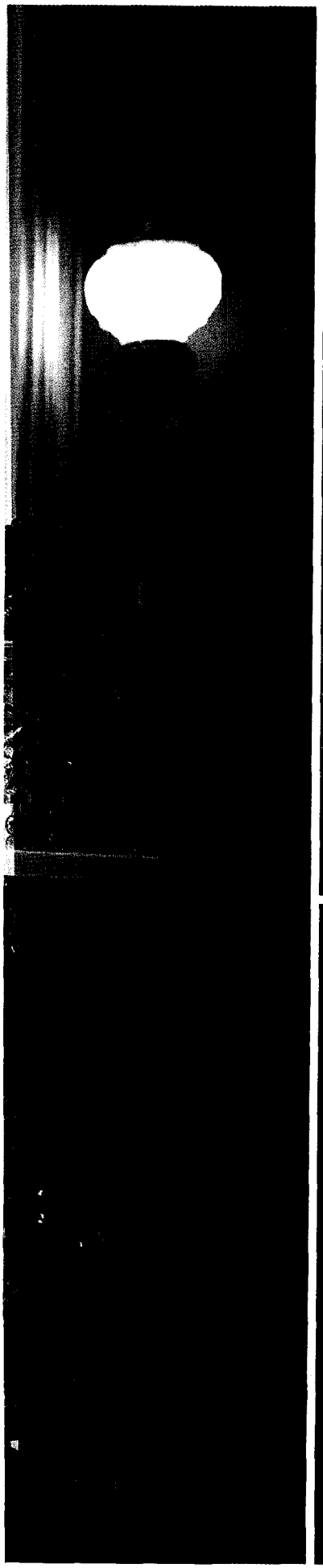
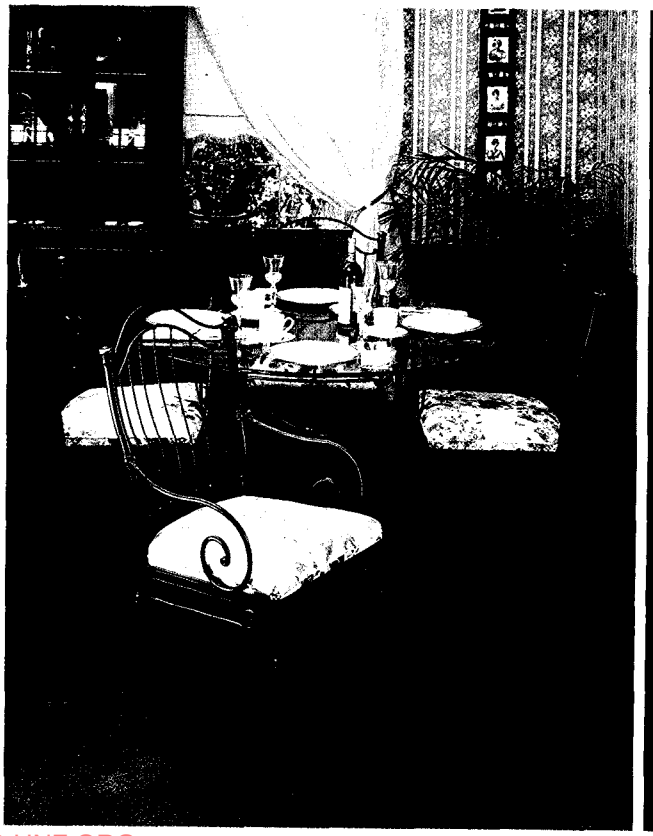


Left: Antique reproduction of a French Bread Patisserie Table

Above: Woodard's popular French Country Rocker.

Right: Traditions Crystal Top Dining Group.



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REC'D FEB 2 2 1994

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(Cover photo by Bob D'Amico/ABC)

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Although raised in the media glare—Lucie Arnaz prefers home life to the trappings of Tinseltown. **46**

In Choosing their Final Memorial—more and more Americans are opting for the simple alternative of cremation. **62**

Tailor-Made Trees—Landscaping suggestions for propagating the species you most admire. **40**

Dry Winter Skin?—A doctor's advice may help if your skin is prone to scaling, cracking, and itching during the dry season. **32**

Letters

Out of Touch

The Nov./Dec. '93 issue of your magazine arrived recently, and as a new subscriber, I was interested in reading "Letters."

A woman had sent a copy of your article, "David, Why Did You Wait?" to her sons because her husband had died of prostate cancer and she wanted her sons to have the PSA test.

It amazed me that the sons' doctors had not heard of the PSA test! Any doctor who has to inquire about the PSA because they have not heard of it in 1993 is way out of touch. Her sons need a new doctor, no matter what. Their present doctor is not getting the needed in-service education!

Marion S. Clark
Destin, Florida

Editor's note: In 1994, urologists and most family physicians are aware of the importance of PSA testing.

In earlier years, the PSA test was used by oncologists, urologists, and family physicians for monitoring men who already had prostate cancer to study the results of treatment.

Unfortunately, it wasn't until later that the PSA test became universally acknowledged as valuable for early detection of prostate cancer.

Dr. Ralph E. Dittman wrote "David, Why Did You Wait?" in 1991. It was published in the Post*'s Nov./Dec. '91 issue. David has since died, and Dr. Dittman's update on prostate cancer will appear in the May/June* Post.

Lysine and Less Salt

Some years ago, we received a small salt shaker of Lysine and Less Salt through an ad in the *Post*. We'd like very much to find a source for this product. Can you help us?

Stanley Hartman
Holt, Michigan

Editor's note: Lysine and Less Salt can be ordered from the American Foundation for Preventive Medicine, Box 1144, Indianapolis, IN 46206. (800-558-AFPM)

A Note on Nash

Your recent article by Edgar S. Nash in the Nov./Dec. '93 issue brought delight from members of

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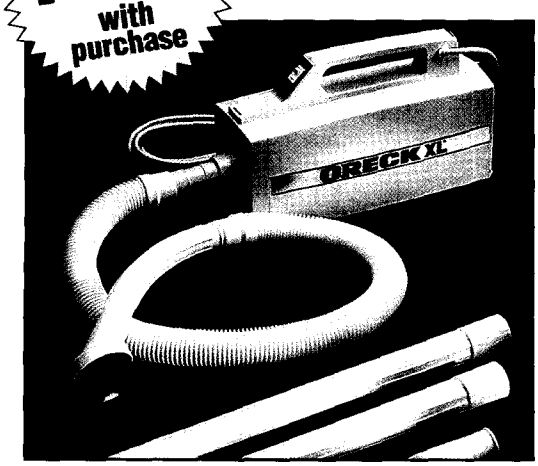

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Nash's family who still live in various parts of the East Coast near Philadelphia, where most of his writing was published.

His son, Charles E. Nash, wrote three books. The most well-known one was called *The Lure of Long Beach* (New Jersey). His granddaughters and grandsons pursue that vocation in everything from farming to education. His great-grandson, a student at Yale University, writes poetry in his free time.

We are proud inheritors of Edgar E. Nash, who worked as an editor on the staff of the original *Saturday Evening Post.*

Julia Nash Murphy
Merion Station, Pennsylvania

Love Maynard's Mutt

Maynard Good Stoddard's writings are so true to life for me. He makes me giggle inside, and I race through every new issue of the *Post* to find what he's going to expound on next.

The Nov./Dec. '93 issue really hit home. The only difference being, the dog we lost was named Buffalo. And the mutt we were looking for to replace this extraordinary beast turned out to be one third the size and was dropped off at our house for dead. Elvis (he ain't nothin' but a hound dog) is a wonderful companion. And I saw comparisons of fiction and real life in Maynard's story.

Keep up your writing, Maynard. It's so enjoyable.

Sheri Ketner
Oakwood, Ohio

And the Shoe Fits!

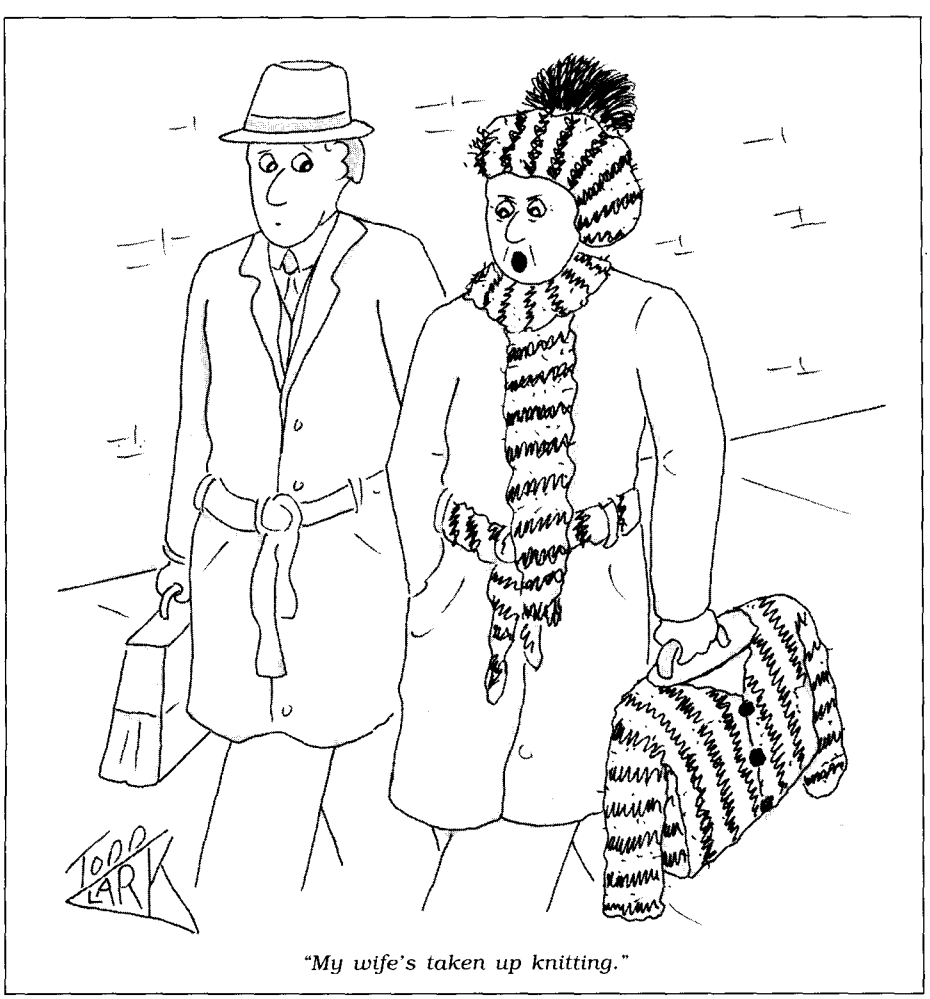
Thank you for this wonderful gift. In the past it gave my mom many happy hours of reading. Unfortunately, she passed away in October. I am in the process of moving, but once settled I will be starting my own subscription!

As a point of interest, my grandfather (my mother's father) graced your cover in 1948. It was the March 20, 1948, cover of a shoemaker. It hangs proudly in our living room. This was not our family's first love affair, though, with *The Saturday Evening Post.*

The name of my dad and six of his brothers appeared on an honor roll cover during World War II.

Thank you for generations of enjoyment.

Mary Cuseo Nartatez
Honolulu, Hawaii



"My wife's taken up knitting."

Spelling Wizard

In the "Where do you think you are" section of the Nov./Dec. '93 issue, one of the maps showed Crater Lake, Oregon, with an island named Wizzard Island. The correct spelling is Wizard, as per a Crater Lake map from a road atlas. I have seen Crater Lake and Wizard Island several times.

Melvin Holt
Bloomington, Illinois

Setting Off a Smoke Bomb

When *The Saturday Evening Post* magazine arrives, I immediately turn to the "Medical Mailbox" column. However, the May/June '93 article, "Smoke-Free White House," bothered me greatly.

First, let me say I have never been a smoker, as I always had a bad throat, but this has not stopped me from having friends who smoke. They are free to smoke in my home.

When I heard that the First Lady banned smoking in the White House, I couldn't believe it. I was always

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under the impression that the White House belonged to the American people. In the article, it gave me the impression smoking was only banned in the dining rooms. This I agree with, as smoke and eating do not go together.

Proposing a "benevolent" $10 per pack on cigarettes is unheard of. It will not help. Are alcoholic drinks served at White House dinners? Alcohol is your big killer—watch television every day and read your paper each night—always accidents by drunk drivers.

So I believe we should tax the drunks and the alcohol they are drinking. They are the real killers to others, but the smoker is the one hurting himself.

Virginia E. Cooke
Scarsdale, New York

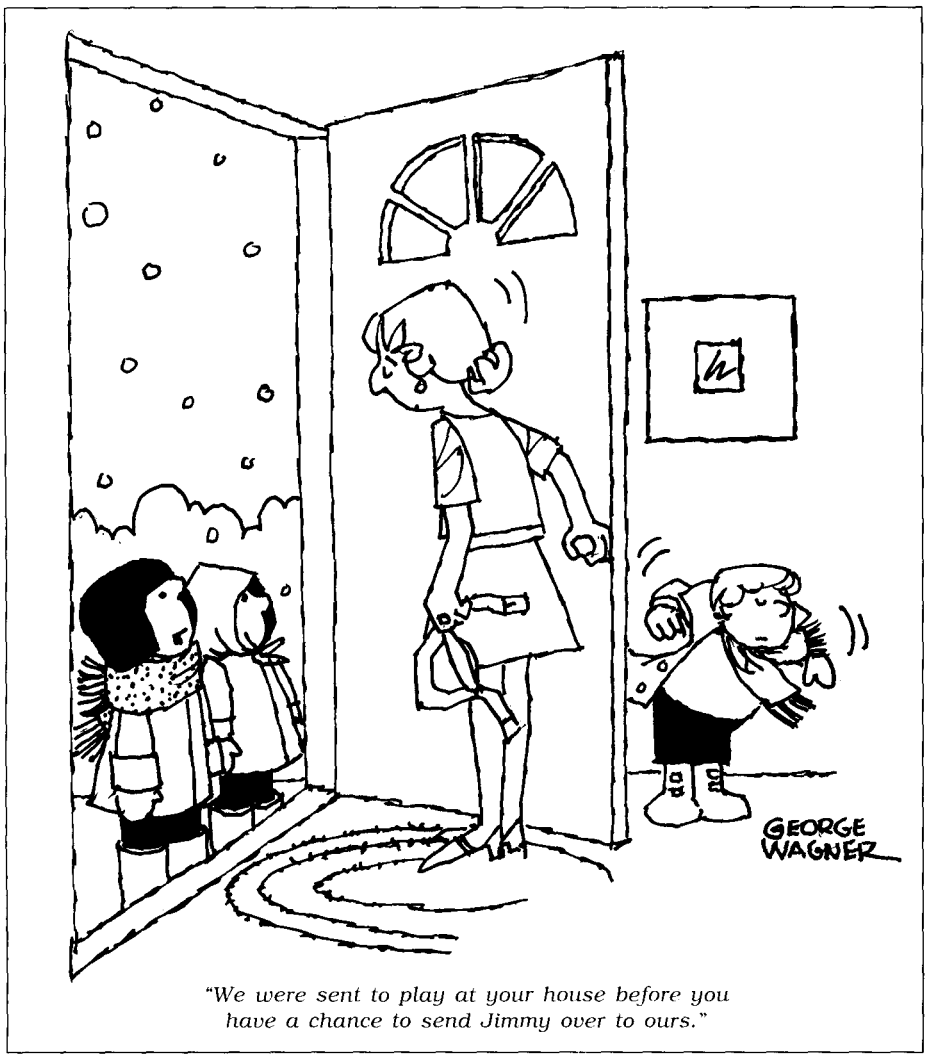
Editor's note: It is a well-known fact that smoking does hurt others. According to the Environmental Protection Agency, an estimated 46,000 to 54,500 nonsmoking Americans die each year from the effects of passive smoking. Also, 3,000 to 4,000 nonsmokers die from lung cancer, 11,000 to 17,000 from other cancers, and 32,000 to 34,900 from heart disease.

Alternatives to Permanent Ostomy Bags

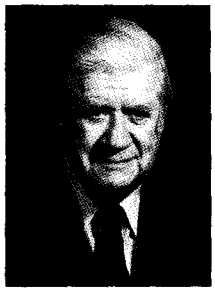
We heard that the *Post* published articles about inflammatory bowel disease. Our son has ulcerative colitis. He is devastated because his doctor told him he needs to have his colon removed to prevent colon cancer. He doesn't want to wear an ostomy bag. Could you send the *Post* articles about this disease?

Name and address withheld

Editor's note: Please see page 88 to read about Rolf Benirschke, former NFL place-kicker for the San Diego Chargers. I'm sure he would write or call your son if you contact him through the Crohn's and Colitis Foundation (1-800-932-2423).



"We were sent to play at your house before you have a chance to send Jimmy over to ours."



Tip O'Neill

Keith Kelly, M.D.

Before he died at 81, former Speaker of the House Tip O'Neill said, "If your doctor is recommending the procedure, get into the hospital and get yourself straightened out. Since my colostomy surgery, there is nothing I can't do."

Tip O'Neill continued to serve our country many years after his ostomy surgery and helped others by sharing his own great comeback. He is one of the interviews on the tape series, You're Not Alone, *that can be ordered from AFPM, Box 1144, Indpls., IN 46206 (800-558-AFPM).*

There are alternatives to the permanent ostomy bag after a colectomy. An internal pouch is constructed from a section of the small intestine (ileum) which is anastomosed to (sewed onto) the anal canal. The surgical procedure allows the inflammatory bowel disease patient to have normal bowel function without an ostomy bag

Surprisingly, in time, the ileum pouch begins functioning like a colon, removing fluid from the feces.

The Mayo Clinic has reported on more than 1,600 of these ileal pouch-anal canal anastomoses over the past 13 years.

When the colectomy is performed, it is important to save the rectum and anal canal where the anal sphincters are, so that "pucker power" is maintained. If the rectum has been removed with the colectomy, there is no longer an option for this internal continent pouch.

Our interview with Dr. Keith Kelly appears on page 50 of the Jan./Feb. '94 Post. *Dr. Kelly was formerly chairman of surgery at The Mayo Clinic in Rochester, Minnesota, and is now chairman of the surgery department at The Mayo Clinic in Scottsdale, Arizona.*

Dr. Kelly pioneered the "J-Pouch," which is what this new surgically constructed "colon" is called.

continued on page 10

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To treat symptomatic benign enlarged prostate:

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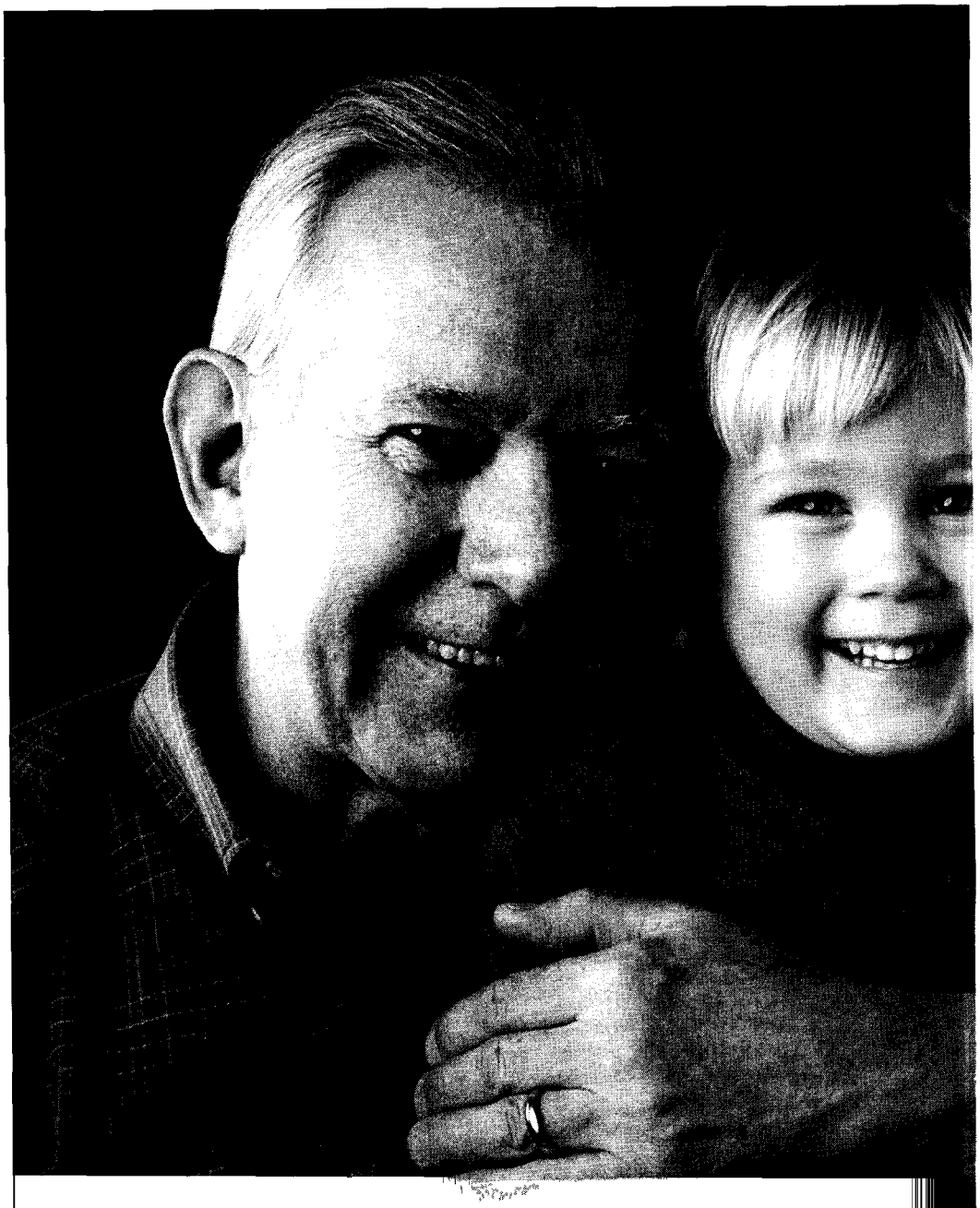

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Until recently, there wasn't a medicine that could help the condition known as symptomatic benign prostate enlargement or BPH. But now there is PROSCAR, the first oral prescription medicine that can shrink an enlarged prostate.

However, it is important to know the following: PROSCAR *doesn't work for everyone. Even though your prostate may shrink, you may not see an improvement in urinary flow or symptoms. And you may need to take* PROSCAR *for 6 months or more to see whether it helps you.*

How PROSCAR can shrink an enlarged prostate.

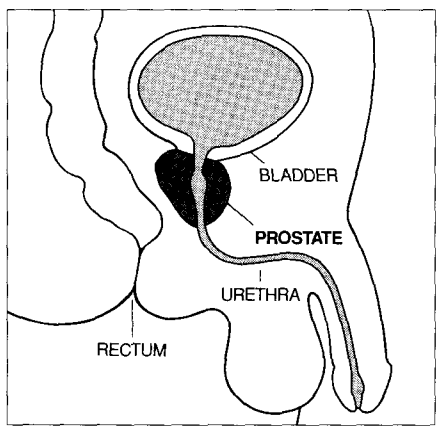
As a man ages, a key hormone can help cause the prostate to grow. PROSCAR actually blocks the production of this hormone, so it helps shrink the prostate to a smaller size in many men. As a result, some men treated with PROSCAR experience an increased urinary flow and an improvement in urinary symptoms.

Why you should see your doctor soon.

Your doctor has several options for the treatment of symptomatic BPH: watchful waiting (monitoring the condition with regular checkups), medication, or surgery. It's important to see your doctor because the problem doesn't usually get better by itself. In many cases, the prostate continues to enlarge and the symptoms may get worse. So if your urinary symptoms are bothering you, have your family doctor or a urologist assess your condition and ask if PROSCAR is an appropriate treatment for you.

It is also important to have regular checkups. *While benign prostate enlargement is not cancer and does not lead to cancer, the two conditions can exist at the same time.*

Remember, only a doctor can evaluate your symptoms and their possible causes. So, if your urinary symptoms are bothering you, don't wait any longer. You may find that your enlarged prostate can be made into a smaller problem.



The prostate surrounds part of the urethra, the tube that carries urine from the bladder. As the prostate enlarges, it can squeeze the urethra and cause urinary problems.

For more information about prostate enlargement and PROSCAR, call 1-800-635-4452 today.

TABLETS
PROSCAR® 5mg
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PATIENT INFORMATION ABOUT PROSCAR® (Prahs-car)
Generic name: finasteride (fin-AS-tur-eyed)

PROSCAR is for the treatment of symptomatic benign prostatic hyperplasia and for use by men only.

Your doctor may prescribe PROSCAR if you have a medical condition called benign prostatic hyperplasia or BPH. This occurs only in men.

Please read this information, as well as the leaflet which accompanies your medication, before you start taking PROSCAR. Also, read the leaflet each time you renew your prescription, just in case anything has changed. Remember, this leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss PROSCAR when you start taking your medication and at regular checkups.

What is BPH?

BPH is an enlargement of the prostate gland. After age 50, most men develop enlarged prostates. The prostate is located below the bladder. As the prostate enlarges, it may slowly restrict the flow of urine. This can lead to symptoms such as:

- a weak or interrupted urinary stream
- a feeling that you cannot empty your bladder completely
- a feeling of delay or hesitation when you start to urinate
- a need to urinate often, especially at night
- a feeling that you must urinate right away.

Treatment options for BPH

There are three main treatment options for BPH:

- **Program of monitoring or "Watchful Waiting".** If a man has an enlarged prostate gland and no symptoms or if his symptoms do not bother him, he and his doctor may decide on a program of monitoring which would include regular checkups, instead of medication or surgery.
- **Medication.** Your doctor may prescribe PROSCAR for BPH. See **"What PROSCAR does"** below.
- **Surgery.** Some patients may need surgery. Your doctor can describe several different surgical procedures for BPH. Which procedure is best depends on your symptoms and medical condition.

What PROSCAR does

PROSCAR lowers levels of a key hormone called DHT (dihydrotestosterone), which is a major cause of prostate growth. Lowering DHT leads to shrinkage of the enlarged prostate gland in most men. This can lead to gradual improvement in urine flow and symptoms over the next several months. However, since each case of BPH is different, you should know that:

- Even though the prostate shrinks, you may NOT see an improvement in urine flow or symptoms.
- You may need to take PROSCAR for six (6) months or more to see whether it helps you.
- Even though you take PROSCAR and it may help you, it is not known whether PROSCAR reduces the need for surgery.

What you need to know while taking PROSCAR

- **You must see your doctor regularly.** While taking PROSCAR, you must have regular checkups. Follow your doctor's advice about when to have these checkups.
- **About side effects.** Like all prescription drugs, PROSCAR may cause side effects. Side effects due to PROSCAR may include impotence (or inability to have an erection) and less desire for sex. Each of these side effects occurred in less than 4% of patients in clinical studies. In some cases side effects went away while the patient continued to take PROSCAR.

Some men taking PROSCAR® (Finasteride) may have a decrease in the amount of semen released during sex. This decrease does not appear to interfere with normal sexual function.

You should discuss side effects with your doctor before taking PROSCAR and anytime you think you are having a side effect.

- **Checking for prostate cancer.** Your doctor has prescribed PROSCAR for symptomatic BPH and not for cancer—but a man can have BPH and prostate cancer at the same time. Doctors usually recommend that men be checked for prostate cancer once a year when they turn 50 (or 40 if a family member has had prostate cancer). These checks should continue while you take PROSCAR. PROSCAR is not a treatment for prostate cancer.
- **About prostate specific antigen (PSA).** Your doctor may have done a blood test called PSA. PROSCAR can alter PSA values. For more information, talk to your doctor.
- **A warning about PROSCAR and pregnancy.**

PROSCAR is for use by MEN only.

PROSCAR is generally well tolerated in men. However, women who are pregnant, or women who could become pregnant, should avoid the active ingredient in PROSCAR.

If the active ingredient is absorbed by a woman who is pregnant with a male baby, it may cause the male baby to be born with abnormalities of the sex organs. Therefore, any woman who is pregnant or who could become pregnant must not come into direct contact with the active ingredient in PROSCAR.

Two of the ways in which a woman might absorb the active ingredient in PROSCAR are:

Sexual contact. Your semen may contain a small amount of the active ingredient of the drug. If your partner is pregnant, or if you and your partner decide to have a baby, you must stop taking PROSCAR and talk to your doctor. If your partner could become pregnant, proper use of a condom can reduce the risk of exposing her to your semen (discuss this further with your doctor).

Handling broken tablets. Women who are pregnant or who could become pregnant must not handle broken tablets of PROSCAR.

PROSCAR tablets are coated to prevent contact with the active ingredient during normal handling. If this coating is broken, the tablets should not be handled by women who are pregnant or who could become pregnant.

If a woman who is pregnant comes into contact with the active ingredient in PROSCAR, a doctor should be consulted. Remember, these warnings apply only if the woman exposed to PROSCAR is pregnant or could become pregnant.

How to take PROSCAR

Follow your doctor's advice about how to take PROSCAR. You must take it every day. You may take it with or between meals. To avoid forgetting to take PROSCAR, it may be helpful to take it the same time every day.

Do not share PROSCAR with anyone else; it was prescribed only for you.

Keep PROSCAR and all medicines out of the reach of children.

FOR MORE INFORMATION ABOUT PROSCAR AND BPH, TALK WITH YOUR DOCTOR. IN ADDITION, TALK TO YOUR PHARMACIST OR OTHER HEALTH CARE PROVIDER.

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Hatched or Born?

"The Royal Ravens of London" by Sandy Huff (Nov./Dec. '93) was fascinating. I learned much from it.

But what of accuracy? Ravens are not born; they are hatched. The young are not babies; they are chicks.

The article states, "They're harmless to crops . . ." I grew up on a farm. If we did not plant our watermelons close enough to the house to protect them, the ravens would have destroyed them all.

I know that crows and ravens are different, but the "scarecrow" was used in a vain effort to spare crops from ravens, also.

Cecil Hook
New Braunfels, Texas

On the Winning Team

I recently read an article in the Sept./Oct. '93 issue of the *Post* about Eric Schiffer, "Helping Kids Be Winners." I would like to talk to him about how I can be involved with helping kids in my own area.

Would you please either give him my name and address or send me his? I'd really appreciate it.

Tonya Granger
Salem, Oregon

Editor's note: Your letter has been forwarded to Eric Schiffer's office in California.

Sleep Supplement

Thank you so much for your articles in *The Saturday Evening Post*! Each time it arrives, it is read from cover to cover—so much to learn, and it continues on!

On a "Hello America" television program on Channel 26, you said there is a vitamin called Slow-Mag for sleeping. Where can I get it?

Also Suberex, vitamins B and C that Bob Hope apparently takes. Where can I get this? I so appreciate your kind advice and help in this particular matter.

Shirley Thiessen
Portland, Oregon

Editor's note: G.D. Searle & Co. in Skokie, Illinois, could tell you which drug stores in Portland sell Slow-Mag.

As for Bob Hope's vitamin, we believe it is spelled Surbex, manufactured by Abbott Laboratories in Abbott Park, Illinois. Our local pharmacies do not stock Surbex.

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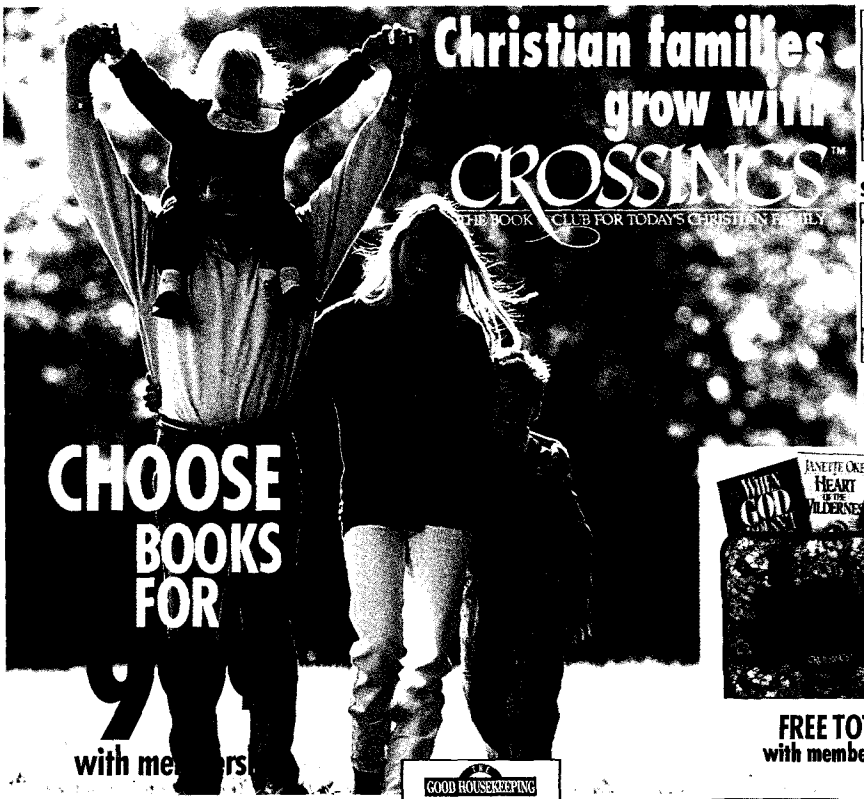

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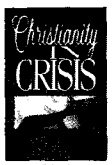

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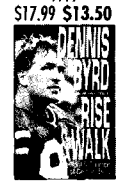

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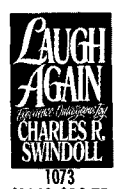

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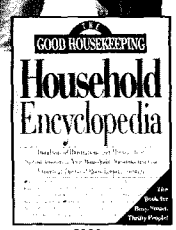

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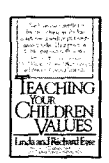

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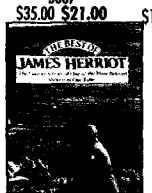

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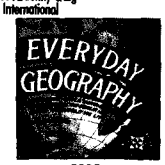

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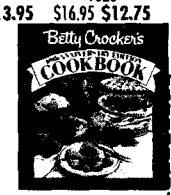

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Post People

Here come de judge.

After nine seasons on the bench at "Night Court," ***Harry Anderson*** has entered a new world. CBS has named it "Dave's World," a sitcom based on the life of humorist Dave Barry.

As Harry and Barry fans have discovered, "Dave's World" is a family affair about grownups who refuse to grow up. "Feeling very much like a kid," as Anderson describes it, "and suddenly being empowered as an adult."

Deeply concerned about the lack of TV shows he can watch with his kids, the actor reneged on his vow not to accept another TV role after he found that the show offers material the kids will appreciate, as well as some they won't (but parents will).

Remember Maurice Chevalier singing "Thank Heaven for Little Girls" in the movie classic *Gigi*? ***Leslie Caron***, the little girl who inspired the song, who charmed filmgoers in *Lili* and starred with Gene Kelly in *An American in Paris*, is now 62 and living in the Burgundian village of Villeneuve-sur-Yonne in France.

Retired after a successful career that began with MGM at age 18? No way.

Caron has now thrown herself into a second career as hotelkeeper and restaurateur in this little French village of 5,000. With the help of her son and a banker friend, she began, in 1991, a $400,000 restoration job rescuing a cluster of derelict 17th century houses.

Two years ago, she stopped pouring cement long enough to star in a Berlin production of *Grand Hotel*. A year later, she was called to London for a role in Louis Malle's drama, *Damage*.

"You have to find an outlet for all that creative power," Caron says. "I still think of myself as a beginner about to break through. Everything is a premiere."

Annie Potts has followed her seven years in "Designing Women" with a starring role as Dana Palladino, a tempermental gourmet chef, in the hit comedy series "Love and War."

Maybe you're saying, "She's the one I enjoyed so much in the two *Ghostbusters* movies." Or *Pretty in Pink*. Or how about *Crime of Passion*? For her starring role in the comedy film *Heartaches*, she captured a Genie Award—the Canadian equivalent of an Academy Award—for best performance by a foreign actress.

Ask about her leisure time and her answer might well be, What leisure time? If she has any, it is spent mainly on two charities. After being hit by a drunk driver, she developed traumatic arthritis. Because of her commitment to helping others with (and her understanding of) the disease, she has been named Ambassador for Women for the National Arthritis Foundation.

The other charity you've probably guessed by now: she's a member of the Auxillary Board of MADD (Mothers Against Drunk Driving).

Not to speculate on ***Estelle Getty***'s age, but the award-winning actress jokes that in her movie roles, she has played mother to everyone but Attila the Hun. Television fans know her best, of course, as "Sophie Patrillo" in "The Golden Girls" and "Golden Palace." Now the fitness world will become acquainted with this bundle of talent and energy through her hour-long "Young at Heart" video of easy-to-do, low-impact exercises for the over-50 age group.

And why would Estelle Getty be concerned with staying in shape? Any number of reasons.

Her "Sophie" character has helped to fill the "Empty Nest" of Emmy-winning stars on Saturday evenings. Estelle Getty is a spokesperson for many AIDS-related charities. She has become a preeminent voice for the ever-growing senior citizen population. She has written a book, *If I Knew Then What I Know Now . . . So What.*

"I'll still be 'Sophie' in 'Empty Nest,' " she says, "but I'll be in *great* shape!"

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CLIMBING THE DEEP BLUE SEA

Is the fickle finger of television's language staring you in the eye?

by Wen Smith

Illustrated by Don Trawin

Tabloid television and I very seldom turn each other on, so I've never watched a Geraldo Rivera show all the way through. He's the sort of guy you can see through in the first minute. But one of his lines caught my ear the other night as I was flipping past his channel.

Geraldo was waxing sympathetic toward an unfortunate woman who had gone through some terrifying experience or other. I heard him say, "She was sucked into it by the cruel hand of fate."

I flicked back to his channel again. I was willing to invest a few minutes if I had a chance to see fate's cruel hand suck something in. It's the sort of thing hands very seldom do. The thought reminded me of an old army buddy who said the fickle finger of fate was always staring him straight in the eye.

It's natural to be fascinated by hands that suck and fingers that look you in the eye. Such wondrous images are a lot more interesting than the med-school version of anatomy.

Television's pictures are often tedious, but its language is full of riveting images like the staring finger and the sucking hand.

During furor over the police beating of Rodney King, I heard one commentator declare, "The long arm of the law kicked King right in the face." We were never told which of the arresting officers had the kicking arm.

On a teaser ad for a daytime soap opera, I heard one character denounce another's attitudes, saying, "She's been brainwashed with a lot of garbage." Garbage isn't a standard detergent, but I suppose what the writer meant was "hogwash" of some sort. On soap operas, that kind of confusion is pretty common.

In one prime-time drama, one character complained that he couldn't join the gang for lunch. "I'm drowning in a mountain of work," he said. Across my mental screen flashed a contrasting picture of him climbing the deep blue sea.

Now and then those public-television documentaries about World War II come up with an image worth remembering. I heard a narrator declare, "The submarine service was flying high in those days." It brought to mind a cross between a U-boat and a U-2 spy plane, but no such hybrid craft appeared on screen.

The televangelists, more talk than picture, are a rich source of curious images. One Sunday morning during a sermon about the evil serpent of paradise, I caught a preacher's idea of animal evolution.

"Because it was the deceptive devil in disguise," the minister said, "that serpent hoodwinked Eve by putting his best foot forward."

That one should have been dramatized on screen. It would have been sensational to see that serpent's best foot.

Flipping channels still another evening, I heard more about the strange menagerie that inhabits the minds of television writers. In a dusky hotel barroom, a young woman sat alone, nursing a drink. A mature and weathered gentleman took the stool beside her and suggested taking her to dinner.

"You old goat," she said. "You're barking up the wrong tree."

Television offers a world of wonders, even if you close your eyes and just listen to the language. You learn about goats that bark, fingers that stare, hands that suck, arms that kick, flying submarines, and snakes with feet.

And that young woman sitting alone with her drink didn't look much like a tree, at least not the sort a goat would bark for. The camera should have given us a better look at her limbs.

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By special arrangement with Reader's Digest and America's leading record companies we proudly present one of the most beautiful and needed music treasuries ever made. Yes! You get 50 of America's favorite stars and groups singing your all-time favorite songs of faith.

Your spirits will soar as you hear each of these famous stars sing of the joy and comfort they've found in God's love. Every song is a cherished favorite and every performer is one you know and love. Just read the list of classic hymns and gospel songs below.

It Is No Secret
Jim Reeves

Bless This House
Perry Como

In The Garden
Loretta Lynn

Take My Hand, Precious Lord
Eddy Arnold

Wings Of A Dove
Dolly Parton

I Love To Tell The Story
Pat Boone

Me and Jesus
Tammy Wynette & George Jones

Abide With Me
Don Hustad Chorale

He Touched Me
Bill Gaither Trio

Nearer My God To Thee
Jack Halloran Male Chorus

Great Speckled Bird
Roy Acuff

I'll Fly Away
Charley Pride

Standing On The Promises
Johnson Family

Church In The Wildwood
Mike Curb Congregation

When They Ring Those Golden Bells
David Houston

Lily Of The Valley
Wayne Newton

Blessed Assurance
George Beverly Shea

In The Sweet By and By
Johnny Cash

Amazing Grace
Willie Nelson

One Day At A Time
Cristy Lane

May The Good Lord Bless And Keep You
Kate Smith

Sweet Hour Of Prayer
Jim Nabors

The Bible Tells Me So
Roy Rogers and Dale Evans

When The Roll Is Called Up Yonder
Marty Robbins

The Family That Prays
Porter Wagoner

I Need Thee Every Hour
Scott Singers

What A Friend We Have In Jesus
Norma Zimmer & Jim Roberts

Precious Memories
Jimmy Dean

Beautiful Isle of Somewhere
The Three Suns

How Great Thou Art
Jim Roberts

Brighten The Corner
Anita Kerr

Rock Of Ages
B.J. Thomas

Old Rugged Cross
Ray Price

Family Bible
George Jones

Jesus Loves Me
Tennessee Ernie Ford

Peace In The Valley
Floyd Cramer

Will The Circle Be Unbroken
The Carter Family

Beyond The Sunset
Red Foley

Crying In The Chapel
Elvis Presley

I Saw The Light
Hank Williams, Sr.

Jesus Is Coming Soon
Oak Ridge Boys

Softly and Tenderly
Guy & Raina

A Beautiful Life
Statler Brothers

Swing Low, Sweet Chariot
Doris Ackers

Whispering Hope
The Browns

Someone To Care
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THE SATURDAY EVENING POST

HEALTH COOKBOOK FOR FAMILY AND FRIENDS

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Cory SerVaas, M.D.
Charlotte Turgeon

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Healthful menus for spring, summer, fall, and winter, for just the family or for entertaining friends.

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New Health Cookbook Answers the Question: What Healthful Foods Dare We Serve Our Guests?

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In this book, saturated fats are replaced with polyunsaturated or monounsaturated fats; olive oil becomes a favorite; egg whites or egg substitutes replace whole eggs; herbs and spices are substituted for sodium chloride; and so on. In short, these recipes are up-to-date with the latest scientific findings for good health. And your guests should know that the meal has been prepared with their health in mind. As the coauthor, Dr. SerVaas writes, "I trust that this book will help you plan many happy occasions when family members and friends can share good food and good fellowship around your table without endangering their health. *Bon appétit.*"

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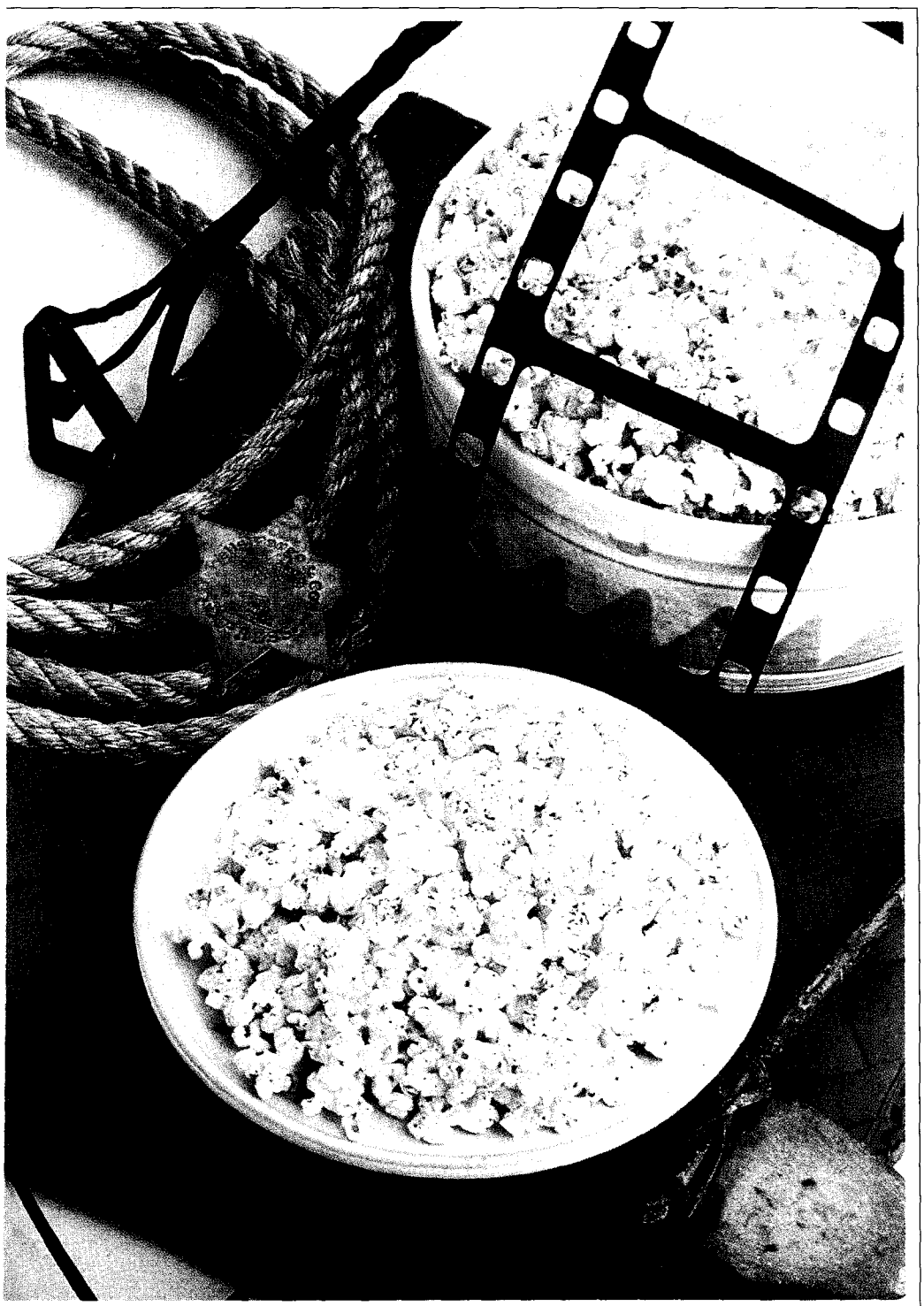
FOOD

POP CULTURE

Creative consumers are cooking up new ways to enjoy America's most healthful snack.

by Patrick Perry



If you thought the short, quick, explosive sound of popping corn made its cultural debut in a movie house or circus, think again. Thousand-year-old kernels of popcorn were discovered by archaeologists in Peru and Utah. The ancient Incas cultivated popcorn for many reasons; one was to decorate the bodies of the dearly departed. Legend has it that the American Indians arrived at the first Thanksgiving feast toting heaping bowls of popcorn, thus starting a national passion even before we became a nation.

Few snacks are healthier than popcorn. Cheap and easy to prepare, popcorn is low in calories (only 23 calories a cup) and high in fiber. This filling snack becomes fattening and unhealthy only when soaked in butter and showered with salt. To keep calories to a minimum, use an air popper. If you don't have one, pop kernels in a popcorn popper or microwave. Always read ingredient labeling on prepackaged microwave popcorn products: many commercially available products may derive more than 50 percent of total calories from fat! You can store opened packages of raw kernels in airtight containers to keep them all popping fresh.

Americans consume 18 billion quarts of popped popcorn annually, or 71 quarts per man, woman, and child. Most popcorn is eaten plain, yet there is more than one way to enjoy this delicious food. Here are a handful of new recipes and special serving hints to spice up your popcorn experience.

SOUTHWESTERN CRUNCH

(Makes 12 cups)

⅔ cup popcorn kernels or
1 bag microwave lite plain popcorn (makes 9 cups)
3 tablespoons low-fat margarine
1 teaspoon chili powder
¼ teaspoon oregano
¼ teaspoon cumin
1/16 teaspoon cayenne pepper

Pop popcorn in air popper or microwave. Place popped popcorn in large bowl. Melt low-fat margarine in small pan; add chili powder, oregano, cumin, and cayenne pepper. Drizzle over popcorn and toss lightly until well-mixed.

Per Serving (1 cup):
Calories: 36 Carbohydrate: 4.2 gm
Cholesterol: 0 mg Protein: 0.8 gm
Sodium: 30 mg Fat: 1.8 gm
Diabetic exchange (3 cups): 1 bread + 1 fat

◀ *Southwestern Crunch*

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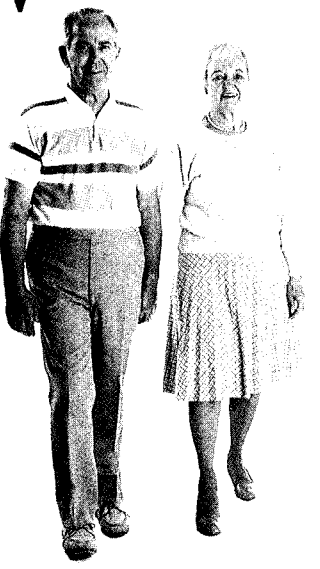

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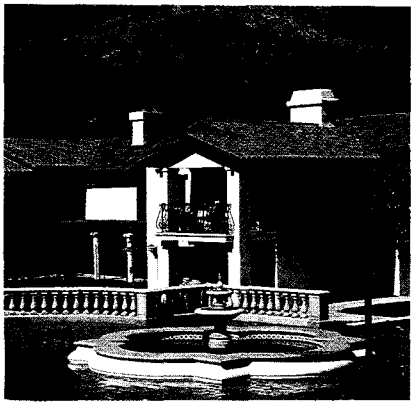

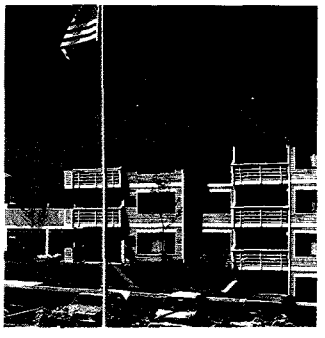

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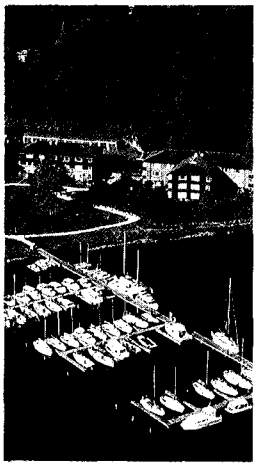

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Spicy Oriental Popcorn Toss
(Makes 8 cups)

2 tablespoons low-fat margarine, melted
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon celery powder
2 teaspoons low-salt Worcestershire sauce
5 drops Tabasco sauce
6 cups popped popcorn
2 cups chow mein noodles

Combine melted margarine with next five ingredients. In large baking pan, mix together popcorn and chow mein noodles. Pour melted margarine and seasonings over popcorn mixture. Stir combination until well-mixed. Bake at 275° for 45 minutes, stirring several times. Serve warm.

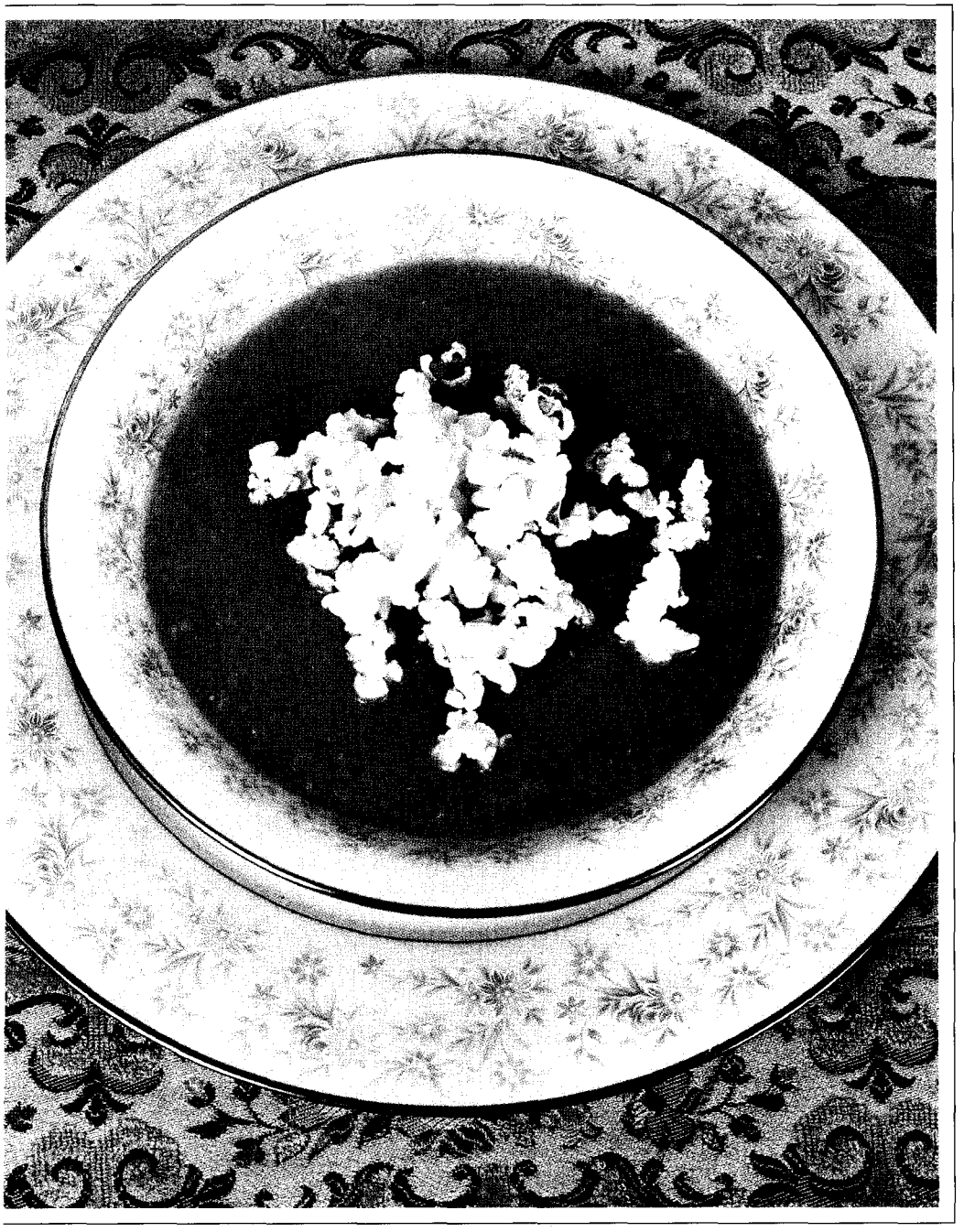
Per Serving (1 cup):
Calories: 96 Carbohydrate: 10.1 gm
Cholesterol: 0 mg Protein: 1.7 gm
Sodium: 96 mg Fat: 5.3 gm
Diabetic exchange (1½ cups): 1 bread + 1½ fat

Cheese and Onion Treat
(Makes 14 cups)

2 tablespoons low-fat margarine, melted
1 tablespoon dried onion soup mix
2 cups low-salt sesame sticks
12 cups popped popcorn
1 tablespoon grated Parmesan cheese

Stir together melted margarine and onion soup mix. Combine sesame sticks and popcorn in large baking pan. Pour margarine mixture over popcorn, tossing to blend. Sprinkle everything with Parmesan cheese. Bake at 300° for 10-15 minutes, stirring once or twice. Serve warm.

Per Serving (1 cup):
Calories: 112 Carbohydrate: 12.1 gm
Cholesterol: trace Protein: 2.7 gm
Sodium: 96 mg Fat: 5.8 gm
Diabetic exchange: 1 bread + 1 fat



Split Pea Soup
(Makes 6 servings)

1 cup split peas
1 medium onion, chopped
½ cup diced celery
½ cup diced carrots
1 bay leaf
1 teaspoon pepper
½ teaspoon marjoram
½ teaspoon thyme
½ teaspoon basil
1½ quarts water

Rinse and soak split peas according to package directions.

In soup pot, combine peas and rest of ingredients, including water. Bring to gentle boil over medium heat. Reduce heat and simmer 1½ hours or until peas are tender. Remove bay leaf.

Take out three cups of soup. Blenderize until thick and return to soup. Combine and serve.

Per Serving (1 cup):
Calories: 134 Carbohydrate: 23.9 gm
Cholesterol: 0 Protein: 8.5 gm
Sodium: 26 mg Fat: 0.4 gm
Diabetic exchange (3 cups): 1½ bread + ½ vegetable

Popcorn Meat Loaf
(Makes 8 slices)

1 pound very lean ground beef
½ cup V-8
1 cup popped popcorn
1 teaspoon black pepper
¼ cup egg substitute
1 teaspoon garlic powder
1 teaspoon onion powder
¼ cup chopped onions

continued from page 25

Popcorn croutons, anyone? A warm, welcome bowl of Split Pea Soup gains a little extra color and texture when topped with high-fiber, low-fat popcorn.

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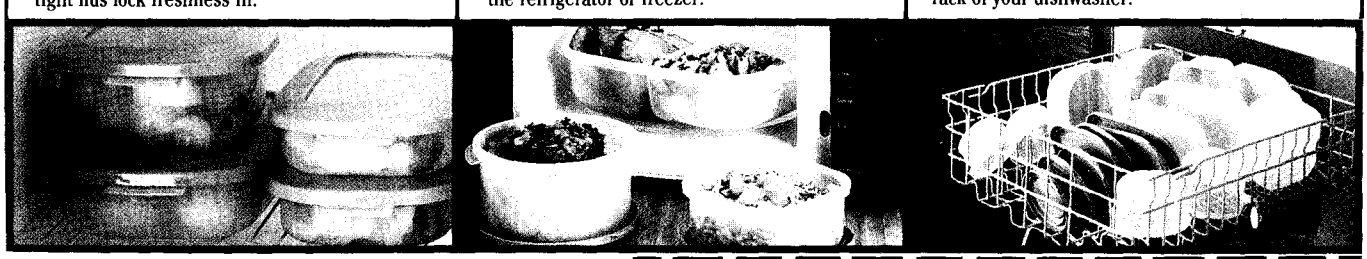

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GET A GRIP ON COOKING

Innovative companies are breaking the timeworn molds with products designed to make cooking safer and easier.

by Kathleen Gleaves

For people who suffer with reduced grip strength, arthritis, or muscle control disorders, the kitchen presents a number of frustrating and sometimes dangerous obstacles. Peeling, chopping, lifting, and pouring can conspire to frustrate even the most dedicated and experienced cook.

If you can't keep a strong grip on the handle of a full saucepan, you may find yourself center stage in a scalding juggling act. The thin, hard handles of ordinary utensils twist in your hand and offer nothing of substance to grasp.

The cookware and utensils we have used for so many years have become a habit. Few of us think to blame them when we can no longer grip their thin handles or manipulate their tiny parts. Instead, we blame ourselves, which is tough on the self-esteem and hardly a solution.

What *is* the solution? Give up cooking? Certainly not. A better solution may be to give up those outdated utensils.

Several innovative companies are breaking the timeworn molds with products designed to ease kitchen chores, products doubly important for those with impaired grip strength.

Consumers no longer have to accept the one-size-fits-all philosophy that requires users to adjust their actions to standardized merchandise. Soft-handled utensils, wide-rimmed bakeware, and kettles designed for stability are just a few of the helpful new products appearing on the market.

Utensils

Good Grips, the kitchen utensil line of OXO International in New York, solves many bothersome kitchen problems. Although the working end of the utensils remains relatively unchanged, the handles are the big improvement.

The soft handles are a soothing delight to the touch. Constructed of a rubber and plastic alloy, they are ergonomically designed—meaning they are designed specifically with the use and the user in mind. The plump, oval-shaped handle prevents turning and slipping. It requires less effort to grip and spreads the pressure evenly over the entire hand. The soft ribbing flexes with finger pressure, adjusting to the user's specific grip, further eliminating slippage. The rounded end fits snugly into the palm for an extra power boost.

The kitchen shears present an ingenious design change. A flat edge replaces the old thumbhole. One can lay this flat edge against the countertop and apply pressure from on top, no

Gripping Ideas

"Functionally fixed" is the term given to people who cannot see beyond an item's stated use. Unfortunately, the term applies to most of us. Consequently, two versatile utensils for persons dealing with reduced grip strength are frequently overlooked: the ice cream scoop and the pizza cutter.

A standard-size ice cream scoop is a perfect measure for cupcakes, pancakes, and muffins. Simply scoop the batter into the cups or onto the griddle: no more lifting and pouring from a heavy batter bowl.

The pizza cutter can replace a dinner knife for most cutting jobs. Roll it over sandwiches, waffles, cooked vegetables, pasta, and any other reasonably soft food for a quick and easy cut.

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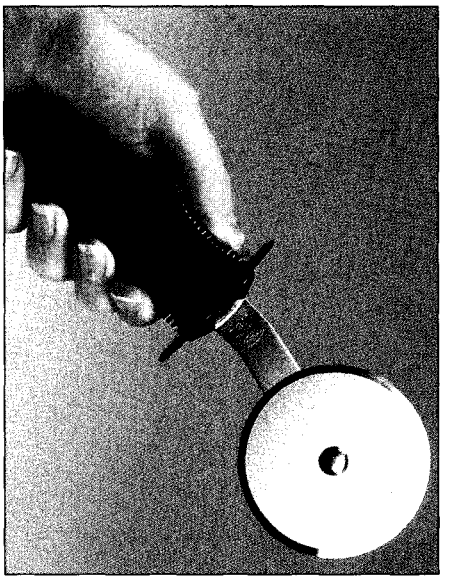
squeezing required. The joint is spring-loaded to reopen when pressure is released for effortless cutting.

Bakeware

Wilton Industries of Woodridge, Illinois, famous for its cake decorating supplies, offers helpful innovations in the ovenware department. Its new line of insulated bakeware consists of muffin tins, baking sheets, and pie pans. All items have wide ledges that provide a much larger handle area.

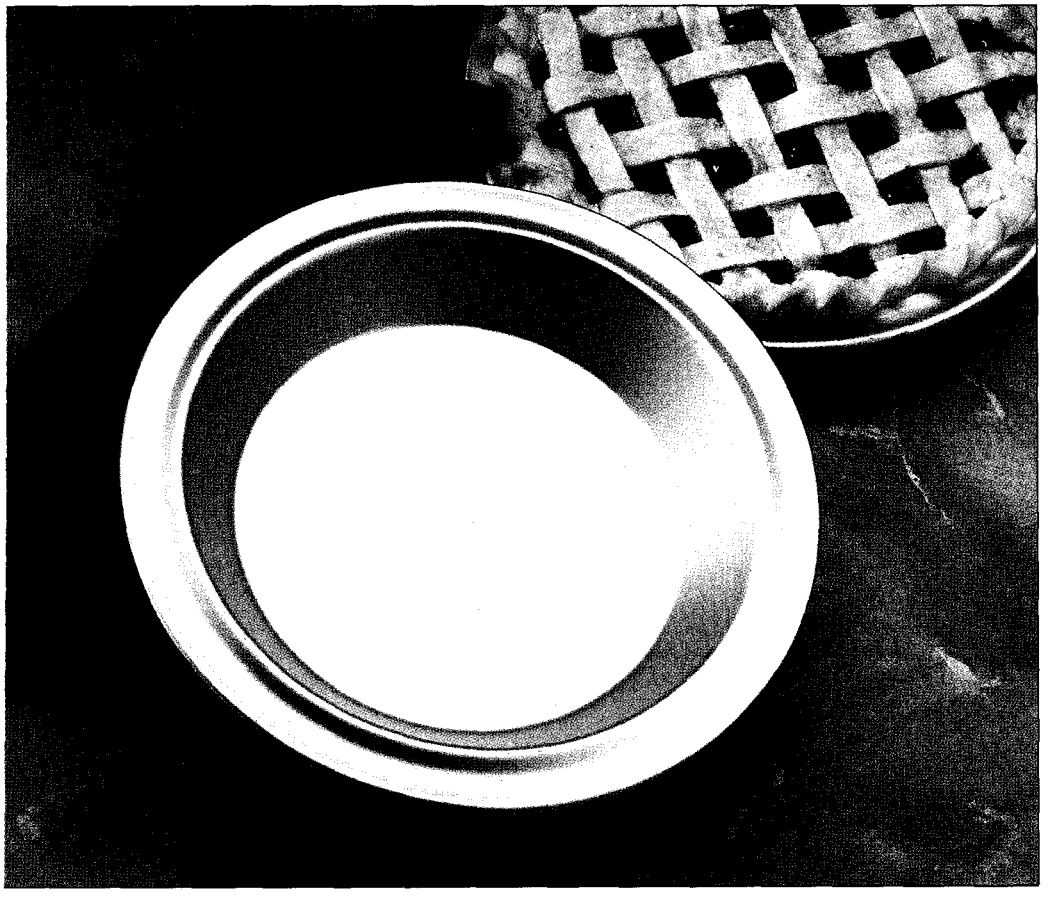
Mixing It Up with Ease

For simple beating, whipping, and light stirring, consider adding a cordless, rechargeable mixer to your kitchen inventory. The unit and all its attachments mount neatly on the wall. Although it can't handle heavy bread dough or thick cookie batter, it's a welcome relief for beating eggs, stirring thin batter, or whipping cream. It's much lighter in weight than a standard mixer, and because it is battery-operated, there is no cord to get in your way or tether you to an electrical outlet.



Pizza cutters, like this large-handled one, are better than dinner knives for sectioning soft foods such as sandwiches.

Similarly, the lip of the Wilton cookie sheet is extra-high and thicker than that of a standard baking sheet. Anyone who has ever removed an ordinary cookie sheet or baking sheet from a burning-hot oven will appreciate the extra gripping space.



With its extra-large rim, this insulated pie pan has a wide edge over traditional pie plates as far as handling ease and safety are concerned.

Kettles

Stovetop cookware presents a difficult conundrum. Lightweight kettles usually mean burnt food, but a kettle heavy enough to prevent scorching is difficult to lift.

A Toledo, Ohio, company called Commercial Aluminum Cookware Company (CACC) has a round griddle with two loop handles. Cast aluminum construction makes it a bit heavy, but the opposing handle arrangement redistributes the weight and alleviates much of the lifting difficulty inherent with a single-handled skillet.

CACC, Farberware, and others offer a 4½-quart saucepan with an opposing loop handle, in addition to the standard straight handle. This double handle eases the strain of lifting large pots.

Use caution in selecting pots and pans; don't be swayed by weight alone. Some manufacturers, to reduce the overall weight of a kettle, use handles so thin they make a firm grip virtually impossible. The shape, placement, and balance of the handle have more to do with your ability to control a full pot than does the weight of the empty pan alone.

Vote With Your Pocketbook

Consumers have the power to dictate the market by refusing to accept products that don't meet their needs.

Forward-thinking companies like OXO, Wilton, and CACC are meeting the increased demand for ergonomically designed kitchen products. Their user-friendly kitchenware is making cooking easier for everyone, not just for those with failing body parts.

For More Information:

If the products mentioned in this article are not available in your area, contact:

OXO International, A Division of General Housewares Corporation, 1536 Beech St., Terre Haute, IN 47804; 800-545-4411.

Wilton Industries, 2240 W. 75th, Woodridge, IL 60517; 708-963-7100.

Commercial Aluminum Cookware Company, P.O. Box 583, Toledo, OH 43697; 419-666-8700.

Farberware, 1500 Bassett Ave., Bronx, NY 10461; 718-863-8000.

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Pop Culture

continued from page 20

Blend all ingredients in mixing bowl. Form into loaf. Place in loaf pan sprayed with noncaloric vegetable-based spray. Bake at 350° 45 minutes to one hour or until done. Slice loaf and serve.

Per Serving (1 slice):
Calories: 91 Carbohydrate: 3.2 gm
Cholesterol: 25 mg Protein: 11.2 gm
Sodium: 115 mg Fat: 3.5 gm
Diabetic exchange: 1½ lean meat + ¼ bread

Cheesy Chili Popcorn
(Makes 12 cups)

3 tablespoons low-fat margarine
1 teaspoon chili powder
1 teaspoon garlic powder
¼ teaspoon onion powder
12 cups popped popcorn
½ cup grated, low-fat Parmesan cheese

Melt margarine; add seasonings. Pour over air-popped or microwaved popcorn. Sprinkle cheese over top and mix thoroughly.

Per Serving (1 cup):
Calories: 52 Carbohydrate: 4.4 gm
Cholesterol: 3 mg Protein: 2.2 gm
Sodium: 92 mg Fat: 2.8 gm
Diabetic exchange (3 cups): 1 bread + ½ medium fat meat + 1 fat

Peanut Butter and Fruit Popcorn
(Makes 6 cups)

6 cups popped popcorn
1½ tablespoons low-fat margarine
1 tablespoon peanut butter
2 teaspoons fruit spread or 1 tablespoon puréed fruit (strawberries, etc.)

Keep popcorn warm in oven. Melt margarine over low heat; stir in peanut butter and fruit spread, blending thoroughly. Pour mixture over warm popcorn, quickly stirring to coat all pieces; mix well.

Per Serving (1 cup):
Calories: 57 Carbohydrate: 5.8 gm
Cholesterol: 0 mg Protein: 1.5 gm
Sodium: 41 mg Fat: 3.1 gm
Diabetic exchange (3 cups): 1 starch or bread + 2 fat

Parmesan Pizza Popcorn
(Makes 12 cups)

12 cups popped popcorn (air popped or microwave)
1-2 tablespoons olive or vegetable oil
2 tablespoons dry spaghetti sauce mix
2 tablespoons grated Parmesan cheese

Place popped popcorn in large bowl. Heat olive oil in small pan. Remove from stove; add spaghetti sauce mix and cheese. Mix well. Drizzle over popcorn and toss to mix.

Per Serving (1 cup):
Calories: 50 Carbohydrate: 4.5 gm
Cholesterol: 1 mg Protein: 1.2 gm
Sodium: 57 mg Fat: 2.9 gm
Diabetic exchange (2 cups): ½ bread + 1 fat

Lemon Dill Popcorn
(Makes 12 cups)

⅔ cup corn kernels or 1 microwave bag (makes 9 cups)
2 tablespoons low-fat margarine
1½ teaspoons dried dill weed
1-2 teaspoons lemon pepper seasoning

Pop popcorn in air popper or microwave oven. Place popped popcorn in large bowl.

Melt low-fat margarine. Stir in the dill weed and the lemon pepper seasoning. Add to popcorn and toss to mix well.

Per Serving (1 cup):
Calories: 31 Carbohydrate: 4.2 gm
Cholesterol: 0 mg Protein: 0.8 gm
Sodium: 47 mg Fat: 1.3 gm
Diabetic exchange (4 cups): 1 bread + 1 fat

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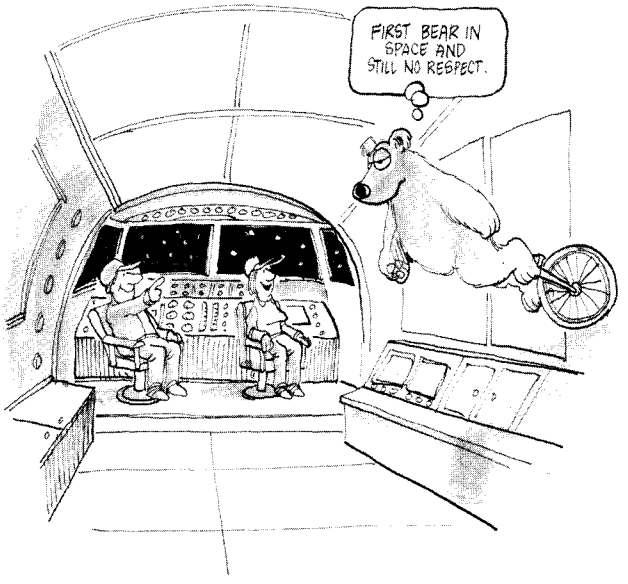
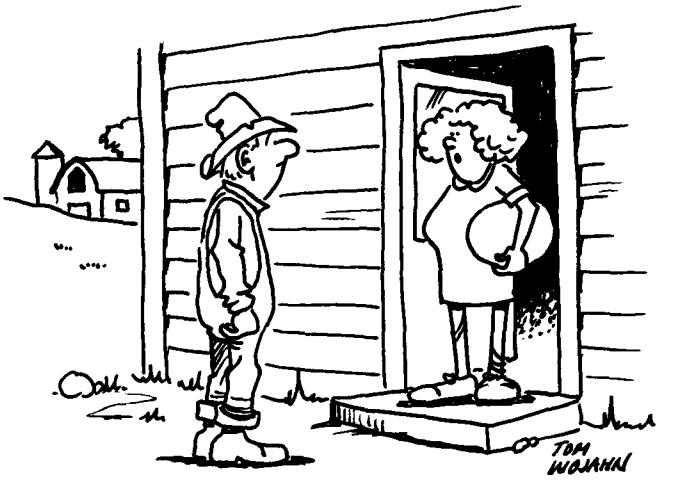
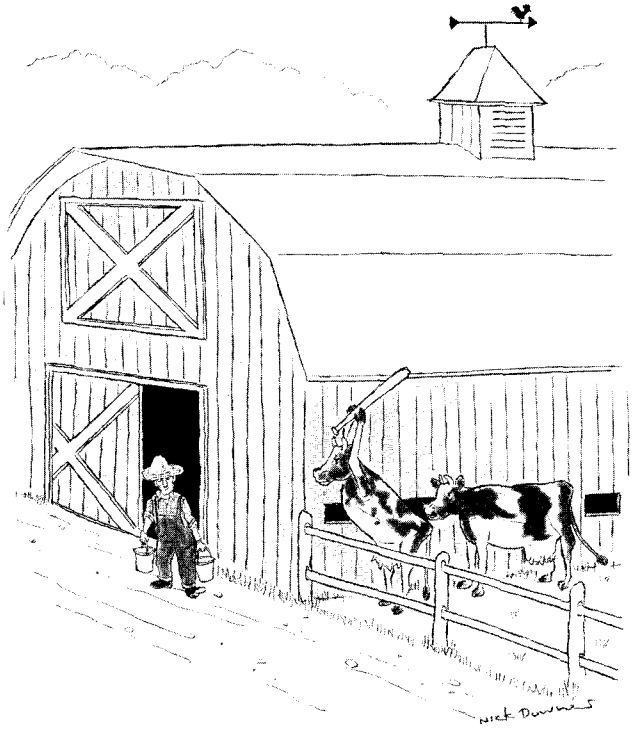


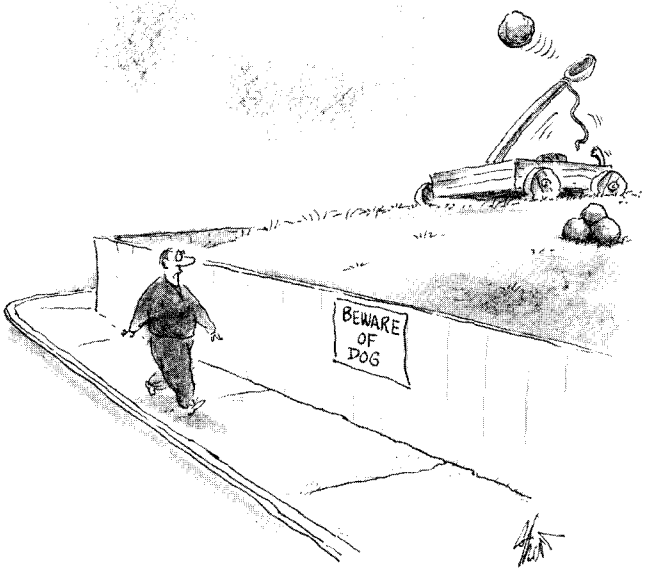


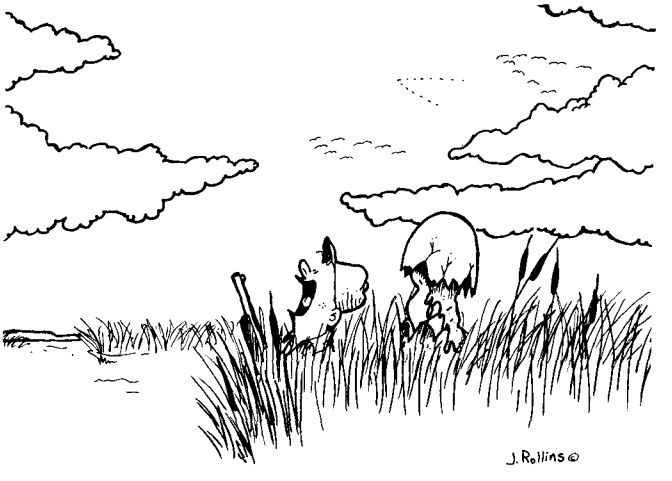
"Earl's not here . . . he took the hen to the vet."

WONDERS OF NATURE



"There you go—upsetting the food chain."





"Wow! Did you see that big duck?"

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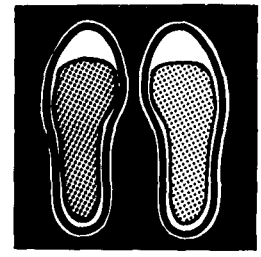
There's no reason for you to suffer with corns, calluses, hammertoes, bunions, or blisters. Sore, aching feet and throbbing knee pain can make your life miserable. For some people, their discomfort goes all the way up through their back and neck. It seems like when your feet hurt, you hurt all over.

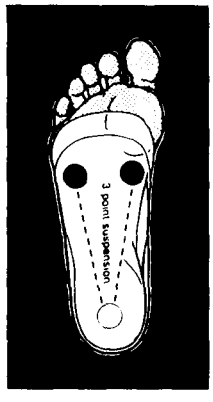
Now there's a *guaranteed* way to end this kind of needless foot pain – risk free – with Flexible Featherspring® Foot Supports. Featherspring are custom-formed foot supports developed in Europe and available here only by mail. You can get instant relief from foot pain the very first day after slipping Featherspring into your shoes. Your feet will feel better! ... You will feel better! ... Instantly! Try them in your own shoes with our no-risk, money-back guarantee. You can't lose! Here's why:



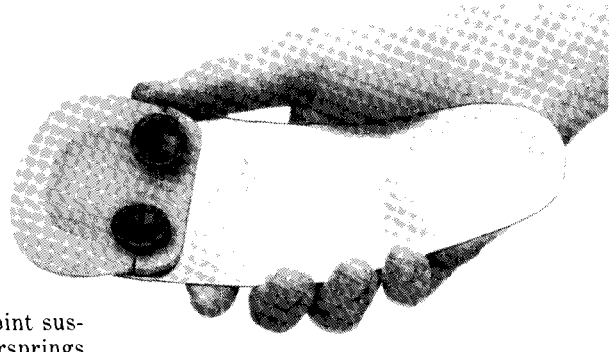
9 reasons why we can guarantee to end your foot pain... risk-free!

1 Featherspring come to you with a money-back, risk-free guarantee. If your feet don't feel better than before, if your pain isn't completely gone, we'll refund your money in full with no questions asked.

2 Featherspring are truly hand-formed to fit each of your feet from "footprints" you make in the privacy of your own home. Just as fingerprints vary, so do footprints. No two people's feet or foot problems are exactly alike. So it is imperative that proper foot supports be specially crafted to conform to each foot.



3 Through the exclusive use of stainless-spring steel and a patented three-point suspension design, Featherspring *cushion* your feet against the pain and damage of impact shock. This relieves relentless downward pressure on toes and the aching pains of hammertoes, corns and calluses. Painful bunions, triggered when your toes are crowded and confined, seem to disappear instantly. Calluses on your soles that cause a burning sensation and corns that used to throb with each step you took are gone. Once again you walk normally, without pain; no more limping or hobbling.



4 The unique design of Featherspring Foot Supports provide all important elevation of the long and metatarsal arches. They softly cradle the heel and ball of your foot to conform to your foot's shape. The result: no more discomfort from sore aching feet. Featherspring also position your feet properly within your shoes ending slipping and sliding.

5 Featherspring are extremely lightweight. They weigh less than 2½ ounces each. Their stainless spring steel and soft rubber construction make them both sanitary and durable.

6 Each Featherspring Foot Support extends from your heel forward almost to your toes. By leaving your toes free, Featherspring give them the extra room they need. Your toes are never crowded or compressed. Instead, they're free to flex and bend comfortably, as nature intended.

7 Their unique suspension lets your feet move naturally. Unlike rigid supports, Featherspring give your feet proper support throughout its full range of motion, thereby eliminating pain.

8 Flexible Featherspring Foot Supports will end your foot pain no matter what shoes you wear. Best of all, one pair is all you'll ever need. Men and women, young and old all report no more foot pain with Featherspring.

9 Featherspring are individually crafted by orthopedic technicians, from the highest quality Swedish stainless spring steel. We're so sure they will end your foot pain that we are happy to let you try them for 60 days with no strings attached.

We've listed just nine reasons. You'll discover 365 reasons every year you wear them! So don't suffer pain and discomfort needlessly. If your feet hurt, Featherspring will help you. Send no money, simply fill out the coupon for free information. There is no obligation. No salesman will call.

SEND TODAY FOR FREE INFORMATION

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Seattle, WA 98103-8881

YES! I want to learn more about Flexible Featherspring Foot Supports. Please rush me your free fact kit. I will watch for a LARGE PINK ENVELOPE. I understand that there is no obligation and that no salesman will call.

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Address _____

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POST SCRIPTS

Scrap that Scrapbook

Don't talk about nostalgia,
it triggers my neuralgia.
The mill we knew so well
is now Old Mill Motel,
and that shady country lane
is now a street called Main!
I swear I think those fading photos
are of some other aging dodos,
not us, my dear; I say, no way!
Let's do our living here, today!

—Clifford Lozell

Driver's Lie-cense

I never will be slender,
That dream just won't come true,
But I'd be glad to weigh what
My license says I do.

—Esther Towns

Looking Ahead

"What are you so happy about?" the woman asked her 80-year-old grandfather.

"I broke a mirror," the elderly fellow replied.

"But that means seven years of bad luck," his granddaughter stated.

"I know," he said, beaming. "Isn't it wonderful?"

—Herm Albright

Turtle Doves

Lucky couple
Man and wife
Blessed with the secret
Of a happy life
Devotedly
Going strong
With the joy of proving
Each other wrong.

—May Richstone

"Uh, Mom, that string you tied your hair back with is Jennifer's bathing suit."

Snow Job

I grabbed a shovel,
I grabbed a sled,
Looked out the window—
And went back to bed.

—William E. Morgan

A Slice of Paradise

I've discovered Bora Bora.
Television lured me there.

On uncrowded, creamy beaches,
I inhaled that special air
now reserved for wealthy travelers.
(And imaginers, like me!)
First-class breezes blew me fragrances
of blossoms, sand, and sea.
Smiling natives showed me paths
that circumscribe their leisure land;
they let me freely pause to study
carefree scenes on every hand.

I've decided Bora Bora
is my paradise; so, when
TV's cable log alerts me,
I'll be going there again.

—Barb Browning

Limerick for Crossword Puzzle Addicts

In *été* on an *île* or an ait,
An emu and lar did orate,
"Is this Yser or Oder,
Avril or *octobre*?"
And thus did the dyad debate.

—Robert T. Reilly

Communication Breakdown

Just to remind,
I cannot read your mind.
Turn signals are a necessity,
Not an accessory.
Please be kind.

—Gabriele Nysveen

Pollen

Spore born flights glide unrestrained,
We toss and turn, are sneezy brained,
A good night's sleep is what we pray,
If pollen would but go away!

—Sharon Ferris

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For Your Health

If an apple a day keeps the doctor
away,
Go plant yourself an apple tree.
What others will pay for health today,
You can pick off your tree for free.

—George Swift

Positive Speculation

An optimist doesn't save for a rainy day; he saves for an unexpected opportunity.

—Ron Zeh

Dulcet Delivery

You say you bet I'm from the South,
I've such a southern drawl?
Well now, I don't say "Hush yo'
mouth!"
Or "Honey, how y'all?"

But you insist my speech is slow
And drips with honeydew.
Now that sweet talk, you oughta
know,
Is extra-spesh, for you.

If you prefer a Southern miss,
Then I'll concede with joy—
Yes suh, I'm from the South, that is,
From southern Illinois.

—Edna V. Culbreth

Take It or Leave It

There are complaints about the world.
This shows we greatly grieve it.
But I as quickly notice that
We also hate to leave it.

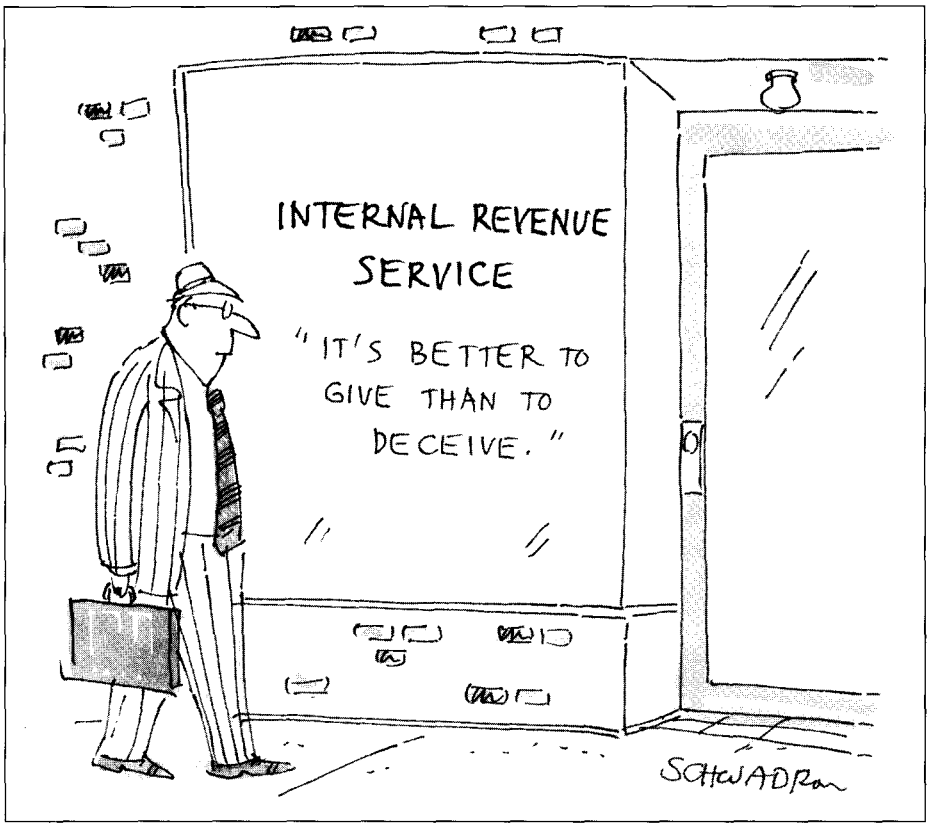
—Beatrice E. Koker

It Must Be a Sweet Tooth

The dentist came back with the x-rays and told little Ricky he'd have to have a filling. "What kind of filling would you like?" he asked.

"Do you have chocolate?"

—James Curnane



Make Way for Hollywood

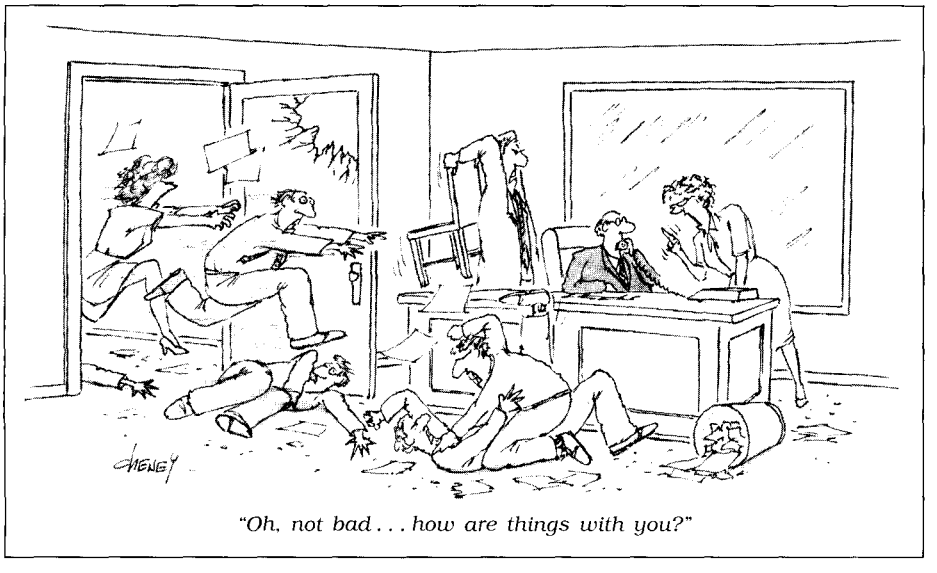
My youngest is now past three,
And she's still cute as can be.
But when she decides to throw a fit,
I'd swear it's sometimes counterfeit.

—Guy Belleranti

On Growing Up

When I reach maturity
I'll know the proper things
To do and say
I'll know the right times, too . . .
But I will bide my time
For I am only 80
And it takes a long time
To be a perfect lady.

—Molly Anstiss



"Oh, not bad . . . how are things with you?"

What? Not!

When I look at you with no response,
Please don't say,
"What?"
And when you say something you do
not mean,
Please don't say,
"Not!"

—William Hudson

A Little Pull

People who play politics
Should never get too smug,
Because the hand that pulls the strings
Can also pull the plug!

—Pat D'Amico

Joy of a Mom's Love

My mom is an enigma,
It really puzzles me
How she can hate the clothes I wear
And all the friends I see.
My hair, my job, my makeup,
My life philosophy . . .
She can hate all of these things,
And yet she still loves me!

—Sandy Flanagan

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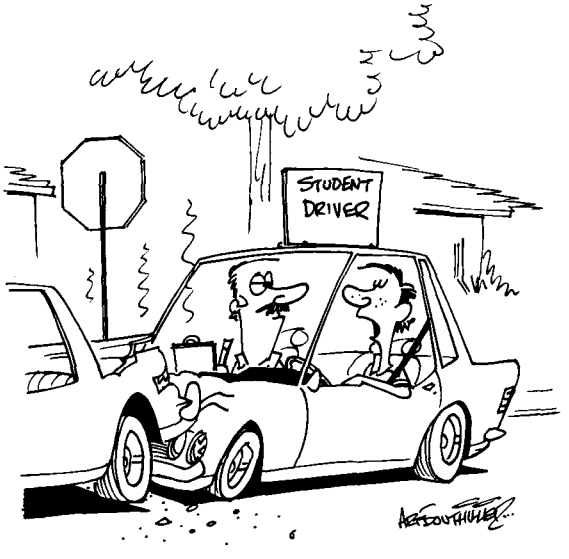
BASIC LOGIC

"What we need is a man who can think for himself."

"If I had known those were the good old days, Mildred, I'd have paid more attention."

"Now I understand why my mother wanted me to have children. Revenge!"



"And you call yourself a driving instructor!"

"Yes, he's here. He's watching the tube."

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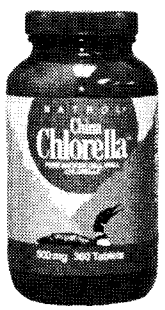

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NOW **19.77**

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The famous energizing herbal wonder!

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Nutrition is vital for your thyroid gland. Have you tried Thyro-Vital?

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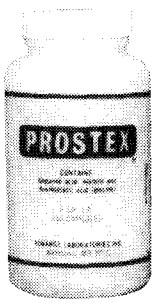
240 ct reg. 29.95 #SEP112
NOW **17.97**



PROSTEX For Men

Special preventative formula! That's safe and non-toxic!

100 caps reg. 10.60 #SEP113
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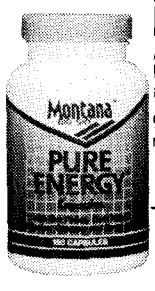
250 caps reg. 18.90 #SEP114
NOW **11.34**



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An effective synergistic blend of Bee Pollen, Gotu Kola, Siberian Ginseng and Royal Jelly. no caffeine, no ephedra.

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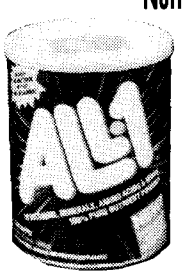

All-1 Nutrient Powder

America's premier multi-vitamin. Mixes with any juice, tastes great!

30 day supply reg. 25.95 #SEP117
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NuNaturals Gingko Biloba Extract

The SMARTEST natural product in our inventory!

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Did you see the "60 Minutes" on Shark Cartilage?

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Add the world's most famous spice to your health regimen.

100 caps reg. 7.49 #SEP121
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Makes puffiness... dark circles... even those nasty little lines disappear!

.5 oz 15 g. reg. 22.95 #SEP122
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Raena Morgan's BODY RESCUE! Alkalizing Tea

Stop indigestion naturally. pH 10. Apricot flavored.

20 teabags reg. 5.95 #SEP123
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UAS Labs Co Q-10

America's favorite for high potency, higest quality.

50 ct reg. 18.50 #SEP125
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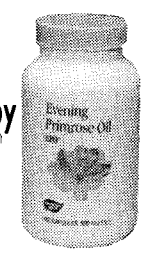

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SAVING YOUR SKIN

Dermatologists offer seasonal advice for fending off the winter woes of itchy, dry, flaky skin.

Because human skin is on the outside, we frequently forget that it is a vital body organ. Skin is our first line of defense against invading germs. It keeps us warm (and cool), helps us sense our environment, and synthesizes essential vitamin D. Yet we often take it for granted.

Although resilient and durable, our skin is often harshly challenged by the environment, especially during winter. Indoors, the air is hot and dry; outdoors, cold and dry. Combined with additional assaults by the wind and sun, our skin becomes dry, flaky, and most bothersome of all, itchy.

"During the summer, the relative humidity is high," says Dr. C. William Hanke, professor of dermatology at Indiana University. "In the fall, when the water content in the air goes down, people begin to lose moisture from the skin, and dry skin results."

Scratching is not the only discomfort of dry skin. Cracking, or severe cracking called *eczema craquele* (French for "marred with cracks"), breaks the body's defense barrier against unwanted bacterial and fungal invaders. For example, one of the principal threats to burn patients is infection.

"As we get older, the skin is not as good a barrier as it was when we were younger, so the skin tends to lose its own water into the air much more readily," Dr. Hanke points out. "That's why at this time of year, many older people are going to their dermatologists complaining about dry skin. It's often on the legs and arms, but it can also be on the back and other areas."

To keep the surface of the skin moist, supple, and impermeable, the body produces an oil called *sebum*. Sebum forms a protective seal, trapping the body's own moisture within, counteracting evaporation into the atmosphere. As we age, however, sebum production slows. Older people are particularly susceptible to dry, scaly, itchy skin. The dilemma becomes how to bolster the skin's natural defenses.

Contrary to popular misconception (and some misleading ad campaigns), commercial moisturizers do not add water to the skin. Instead, moisturizers work to bolster the body's own protective seal, which lies on top of the skin to help reduce water loss from the skin's surface.

Although the cause of dry skin remains a medical mystery, doctors are clear about how to combat it. Researchers at the Mayo Clinic recommend avoiding very hot water and strong soap. Excessive bathing only further dries out the skin by removing the protective oil layer from the skin. Take baths on alternate days during the winter months. Limit the use of soap to facial, underarm, genital, hand, and foot areas, and use mild soaps or soap substitutes to minimize the drying effect. After bathing, remove excess water by brushing the skin rapidly with the palms of your hands. Then apply a bath oil or water-based moisturizer. Rub the mixture into the skin until mostly dry, gently patting dry any remaining moisture.

"When you have dry skin, the main thing you want to do is trap the moisture in the skin. So if you take a shower, dry yourself off and immediately put on a cream or ointments that'll trap the water in the skin and prevent the skin from drying out so much," recommends Dr. Hanke. "This really is the key thing."

Taking a bath with oils or other bath products can help. Soak several minutes before adding the moisturizing product, thus giving the skin time to absorb the vital water first. An oatmeal or starch-and-soda bath can be especially helpful to reduce painful, nonstop itching. Tie a handful of

continued on page 72

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Soothing Therapy™
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Powder fine oatmeal. It's the natural moisturizer and cleanser found in Aveeno Bath and Lotion products. Aveeno® Moisturizing Formula Bath Treatment relieves dry, itchy skin. And Aveeno® Moisturizing Shower & Bath Oil with rich emollients helps restore rough, dry skin in the shower as well as in the bath. Dermatologist recommended, they're naturally soothing.

aaah Aveeno®

For cleansing dry, sensitive skin, use the soap-free formula recommended by dermatologists. Aveeno® Cleansing Bar for Dry Skin contains natural oatmeal to gently absorb dirt and oil, leaving skin clean and healthy-looking.

Aveeno® Moisturizing Cream and Lotion (now available in the new, convenient pump bottle) relieve dry, itchy skin without feeling sticky or greasy. Super rich formulas with natural oatmeal soothe and soften.

For healthy-looking skin, use effective dry skin therapy from Aveeno with natural oatmeal.

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HEARTBEAT

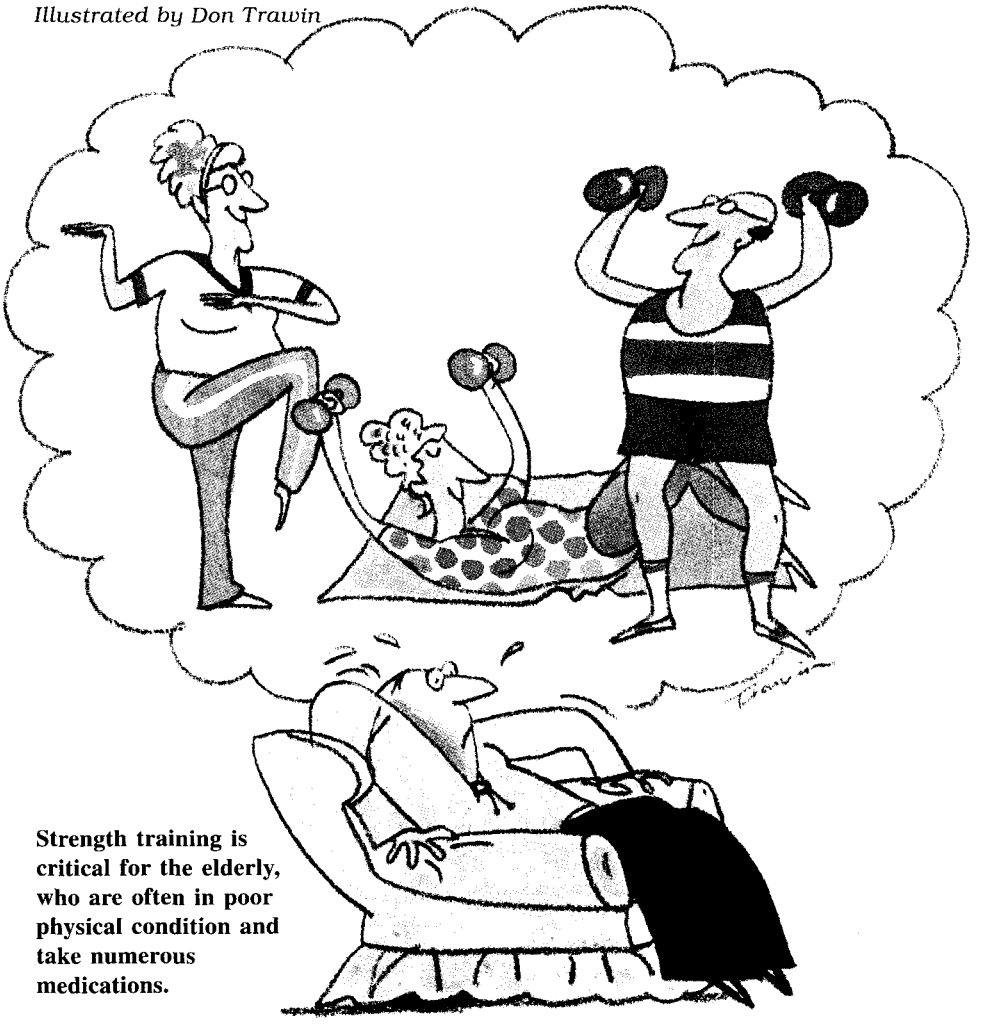
The Healthy Heart Report

USE 'EM OR LOSE 'EM

Seniors can retain muscles and independence through a simple program of strength training.

by Carol Krucoff

Illustrated by Don Trawin



Strength training is critical for the elderly, who are often in poor physical condition and take numerous medications.

All across America, nursing homes are filled with elderly people whose muscles are so weak that they need help with simple tasks, such as getting up out of a chair.

"They're institutionalized not because of any disease or cognitive impairment but because of muscle weakness," notes Dr. William Evans, director of the Noll Laboratory for Human Performance Research at Penn State University. "Their minds may still be quite nimble and alert, but their bodies are diminished."

Dr. Evans has given this age-related muscle loss a name, "sarcopenia," from the Greek for "flesh reduction." By identifying this costly and life-threatening condition as a disease, he says, he hopes "it will get the widespread public attention that's already been given to other degenerative conditions of old age, such as osteoporosis and arthritis."

Until now, sarcopenia has been overlooked because muscle weakness was considered an inevitable part of growing old. But new research by Dr. Evans and others is proving that strength does not have to diminish into decrepitude with age. "Muscles will get stronger in response to strength training no matter what your age," says Dr. Evans, who notes that much of the muscle loss attributed to age actually comes from inactivity. "No other single intervention holds greater promise of keeping people out of nursing homes than resistance training"—exercises that work the muscles against weight.

A just-completed three-year project, funded by the National Institute on Aging and the National Center for Nursing Research, has shown that strength and balance exercises can help frail elderly in their 80s and 90s double and triple their strength to the point where many are able to walk and perform other tasks without assistance. Known as "FICSIT: Frailty and Injuries, Cooperative Studies of Intervention Techniques," the $2.9 million project involved more than 1,500 seniors taking part in exercise programs ranging from the ancient oriental practice of t'ai chi to strength training with weights.

Results of the eight FICSIT trials were presented at a symposium during the annual meeting of the Gerontological Society of America in New Orleans last November. "FICSIT showed that, particularly for this elderly population, it's important to pay attention to strength as well as aerobics," says Dr. Evan Hadley, associate director for geriatrics at the National Institute on Aging.

Although other factors, such as disease and medication, also contribute to frailty, Dr. Hadley says, "Exercise plays a major role in whether or not people become weak and dependent.

"The next big question to explore is: To what extent can exercise and other interventions prevent the need for nursing homes?" Dr. Hadley says. "Because studies show that if institutionalization could be postponed by just one month, it would save the government $3 billion in Medicare and Medicaid costs."

In one of the most dramatic studies, involving nursing home residents ages 72-99, geriatrician Dr. Maria Fiatarone demonstrated that frail elderly who

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worked out with 80 percent of the maximum weight they could lift improved their muscle strength, gait speed, mental status, and functioning.

"Their balance is better, and they feel more confident," says Dr. Fiatarone, an assistant professor at Harvard Medical School and chief of the physiology laboratory at the Human Nutrition Research Center at Tufts.

Strength training is critical for the elderly, who are often in poor physical condition and take numerous medications, Dr. Fiatarone says. "What very old people die of is osteoporosis, hip fractures, and immobility. Inability to get out of a chair, not inability to run across the street, is limiting their quality of life," she adds.

"The next big question to explore is: To what extent can exercise and other interventions prevent the need for nursing homes?"

Yet many older people who have trouble getting around because of painful joints or poor balance are advised to walk, which often frustrates them further. "Walking is not the correct therapy for these problems," Dr. Fiatarone says. "First, you must address the underlying physiological changes," such as unstable joints from atrophied muscles and tendons, by strengthening them through resistance training. She encourages people to perform other endurance-boosting activities only after strengthening exercises help make walking comfortable again.

In one of Dr. Fiatarone's most recent studies, residents of the Hebrew Rehabilitation Center for the Aged in Boston who did weight-training exercises showed an average of 118 percent improvement in muscle strength over a ten-week period, compared with an inactive control group that showed a 3 percent decline. And the active group also experienced the side benefit of being able to eat more, which may help counter the risk of malnutrition common among frail elderly.

"It's not effective to simply throw more food at older people who are undernourished, because they just stop eating," Dr. Fiatarone says. "We found that if you give nutritional supplements, people cut down on their habitual food intake, so the supplements just become substitutes for other food."

However, because activity helps boost appetite, sedentary seniors who start moving report that they also begin eating more. "Becoming active can help people get the vitamins, minerals, and calories they need," she says.

Most seniors don't need health professionals to supervise their workouts, says Dr. Fiatarone, who recommends that trained senior "peer leaders" teach others how to perform strengthening exercises. "We've overmedicalized exercise, and that's a big deterrent," she says.

"In other countries, older people are out there riding bikes and climbing stairs. But in this country, people are keeling over because of sedentariness. It's inactivity, not exercise, that's killing us."

Resources

Information about strength training for seniors is available from:

- The American Association of Retired Persons. For a free fitness booklet for seniors, write to "Pep Up Your Life" (D-549), AARP (EEO 551), P.O. Box 22769, Long Beach, CA 90801-5796.
- *Biomarkers: The 10 Determinants of Aging You Can Control* by William Evans, Ph.D., and Irwin H. Rosenberg, M.D. (Simon & Schuster, 1991, $21.95). This book outlines the problem of sarcopenia and offers practical solutions.
- SMILE (So Much Improvement with a Little Exercise). Developed at the University of Michigan, this exercise program for both frail and healthy seniors is available on video ($20) and in a booklet ($10). Write the UM School of Public Health, Department HS/HE, 1420 Washington Heights, Ann Arbor, MI 48109-2029.
- The Arthritis Foundation, 1-800-283-7800.

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SHELLEY FABARES: ALZHEIMER'S CHANGED HER LIFE

The costar of TV's "Coach" was not prepared for the real-life role of caring for a parent with Alzheimer's disease.

by Janet Kinosian

When most people think of actress Shelley Fabares, they think of comedy and her starring roles on such television classics as "The Donna Reed Show" (1958-63), "One Day at a Time" (1981-84), and, of course, her current role as the beautiful, independent, and highly tolerant Christine Armstrong, Hayden Fox's newscaster wife on ABC's smash hit series, "Coach."

But it's a darker, real-life role that has changed Fabares' life the most: primary caregiver to her mother, Elsa, during a nine-year battle with Alzheimer's disease that ended with her death last year. "Nothing, and I mean nothing, prepares you for such a role," she says.

Fabares, 50, is now a tireless spokesperson for the Alzheimer's Association, a funded organization with 220 chapters nationwide serving both Alzheimer's patients and their families. Services offered include home-care assistance, day-care centers, helplines, outreach programs, and public-policy forums that lobby at both the state and national levels.

Fabares is a warm person who also is calm and focused. (You can tell she practices yoga, not only by her size-two body, but by her posture and the way she listens intently to people.) But Alzheimer's is an emotion-packed topic for her, and her story erupts in painful gushes.

"When my sister and I first began noticing signs that something was wrong with our mother," she says, "we started the rounds of doctors, internists, psychiatrists, neurologists, behavioral therapists; and the diagnosis was always a questioning shrug, which wasn't particularly helpful."

This was back in 1984, she notes, and the general medical profession was not knowledgeable about this debilitating, degenerative disease. "If you had a cold, the flu, cancer, tuberculosis, or a broken leg, doctors knew what to do. Even today, there's no definitive diagnosis of Alzheimer's—it's a process of elimination. There really is nothing that can be done, medically speaking, for Alzheimer's patients."

She says patients and families often are left in the equivalent of a rubber raft in the middle of an ocean. "Finally, in 1989, when we got the diagnosis of multi-infarct dementia (mini-strokes to the brain) and possible Alzheimer's disease, the doctor basically said, 'Good-bye and good luck.' "

In happier days, aunts Mimi Kidd and Nanette Fabray, as well as cousin Jaime MacDougall, celebrated Christmas. Fabares' mother (front left) died last year after a nine-year struggle with Alzheimer's.

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"We have so much fun together," Fabares says of husband Mike Farrell of "M*A*S*H" fame, who provided "limitless support" during the eight years of her mother's illness.

Fabares and her sister, Smokey, 52, equally shared the role of caregiver. (Their father, James, a real estate broker, died in 1977.) "Here we were," Fabares recalls, "four years of watching our mother dissolve daily, and we already were in a state of anxiety, heartbreak, confusion, and then we were given this brutal diagnosis and no help. It was quite a shock."

In desperation, Fabares says, she dialed information, told the operator she needed assistance, and asked if there was anything listed under "Alzheimer's." "They gave me the number of the Alzheimer's Association, and that's where the help began," she recalls.

"My husband (Mike Farrell of "M*A*S*H" fame) calls this disease 'the cruel thief' because victims are literally stolen from themselves. Ultimately, they have no recognition of their surroundings, of people; they can no longer speak, bathe, dress, eat, swallow. You end up with a full-grown infant and a ghost."

Part of the work of the Alzheimer's Association is to elevate public awareness to the horrific seriousness of the disease and its ramifications, not only in terms of cost to the government—about $90 billion a year—but in terms of human lives. "A lot of people think of Alzheimer's in terms of old people losing their memory," she explains. "Their attitude is, 'Big deal. There's AIDS and cancer, for God's sake.'

"The fact is that patients, quite often, are removed from the daily stress that is killing you and me, so they stay physically healthy and sometimes live for decades. On the other hand, we see the caregiver dropping dead, having strokes or nervous breakdowns."

Fabares says most caregivers are so overwhelmed, they are forced eventually to become dependent on the state. "And sadly, we're seeing earlier and younger signs of the disease. People in their 60s, 50s, and even 40s are dying of the disease in dramatically increasing numbers."

Projected statistics for the year 2020 predict 14 million Alzheimer's patients, up from the current 4 million nationwide. "Perhaps it will take the baby boomers being fully impacted in their face, and in their own population, before things really start to change."

Listening to Fabares describe the past decade's experience, it sounded as though she had a wire wrapped increasingly tight around her heart and neck. "The question I must have asked 8 million times is, 'Do they know what's happening to them?' And for all my sister and I did, we never really knew. Mom was fierce and angry and terrified for years. There was even a period there for four months when she did nothing but sob uncontrollably, unable to even talk. One of the last complete sentences my mother ever spoke to me was, 'I feel as though I'm losing my mind.' And the fact is, of course, that's exactly what was happening."

Asked about her worst memory, Fabares answers immediately. "I won't forget any of this, ever, but until my dying day one thing in particular will stay with me. When there was no phraseology left to my mother, she would come up to my sister and me, stand right up to our faces, and she'd open her mouth and scream at the top of her lungs, then hit her cheeks and point to her eyes. It was the most horrifying thing I've ever witnessed. And

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Through her work for the Alzheimer's Association, Shelley says she has "met saints and angels and people I'd otherwise never have the privilege to meet."

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CRYING FOR PROTECTION

A rash of senseless and possibly preventable slayings has brought a call for tighter sentences for repeat violent offenders.

by Jane Gross

When Mike Reynolds vowed a year and a half ago to find a way to keep repeat offenders locked up for life, it seemed just a howl of pain by a grieving father whose teenage daughter had been shot in the head at point-blank range by a man with a long criminal record.

But Reynolds' personal crusade to tighten sentencing for career criminals has become a political juggernaut in California, the scene of several high-profile crimes, including the abduction and slaying of 12-year-old Polly Klaas at the hands of a twice-convicted kidnapper.

Until Polly's body was found early last December, few outside Fresno, California, knew anything about the 1992 slaying of Kimber Reynolds, 18, who was leaving a restaurant with a friend when a man tried to steal her purse and instead shot her with a .357 magnum revolver.

Aimed at Chronic Criminals

And fewer still knew that her father, a wedding photographer, had responded by writing a ballot measure that would double and triple sentences and limit parole opportunities for chronic criminals like the one who killed his daughter, who dreamed of a career in fashion and was buried in a silver lamé prom dress of her own design.

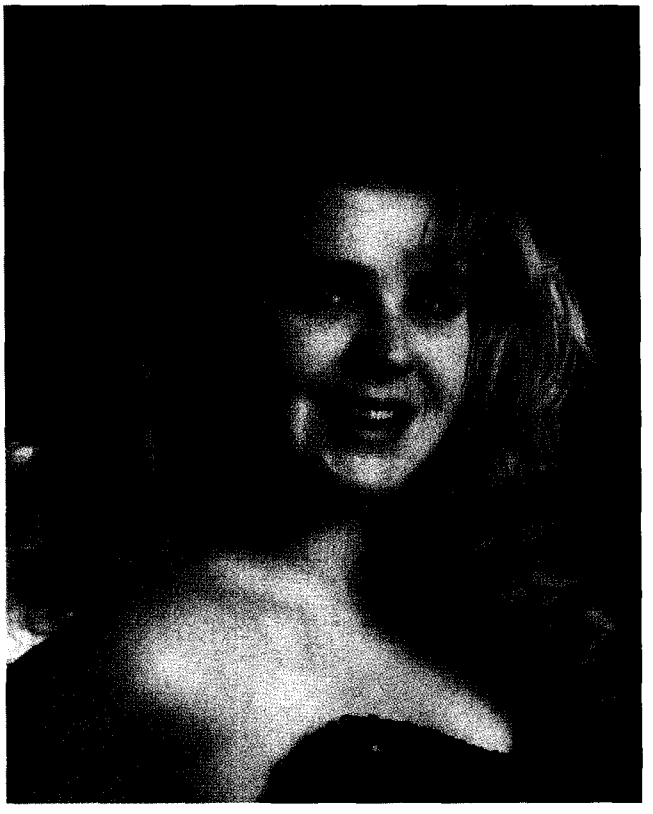
But Reynolds' ballot measure has become a rallying cry. Frightened by the spread of random violence in their neighborhoods and struck by how often those crimes are committed by repeat offenders, California voters have signed petitions for the Reynolds measure at the rate of 15,000 a day.

Patterned on a Washington State initiative, although stricter in many ways, the measure, known as "Three Strikes and You're Out," is expected to qualify easily for November's ballot and, if current public opinion holds, win by a landslide. And 30 other states are looking into such initiatives, which experts say could be the hot issue of this year's campaign, as term limits were for a sour electorate in 1992.

The popularity of such measures can be understood by skimming the morning newspaper or watching the evening news. Despite statistics that show a drop in violent crime, each day offers a roster of victims who have been set upon in relatively safe places by assailants with long criminal records.

That was the case with Uwe-Wilhelm Rakebrand, a honeymooning German tourist killed in a rental car as he left the Miami airport. Or James Jordan, the father of the basketball star Michael Jordan, shot in the chest while napping in his luxury sedan beside a road in North Carolina.

It was also the case with Polly, snatched from her bedroom during a slumber party in rural Petaluma, California, while her mother slept nearby. And Kimber, who was slain not on the mean streets of Los Angeles, where she was studying fashion design, but during a weekend visit in Fresno to be a bridesmaid in a friend's wedding.



Eighteen-year-old Kimber Reynolds was shot during a weekend visit to be a bridesmaid at a friend's wedding; she died 26 hours later. Her father, Mike Reynolds, is the driving force behind the "Three Strikes and You're Out" initiative.

"What these crimes have done is show people that you can do all the right things and it doesn't matter," Reynolds said. "You can lock your door, stay in the right neighborhoods. But when you come up against one of these creeps, the rules don't matter. They're hunting you.

"When bad guys are killing bad guys, that's one thing," he added. "But when they start killing regular people, that's where you draw a line in the sand. That's what's driving people crazy."

From Trickle to Tidal Wave

That moment of collective horror came in California with the killing of Polly Klaas, a case that riveted the nation for months and turned a trickle of support for Mr. Reynolds' initiative into a tidal wave.

Until then, Reynolds' campaign was a relatively lonely one. On a shoestring budget—the money he and his wife, Sharon, were saving for a mountain cabin—a few volunteers had gathered 35,000 signatures, less than a tenth of what was needed.

Around Thanksgiving, Reynolds was invited to appear on a San Francisco talk radio show, which inspired about 40,000 people in the Bay Area to sign petitions. But still, the measure lagged far behind the 385,000 signatures needed to put it before the voters.

Then Polly's body was found at an

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abandoned lumbermill. A San Francisco radio station, KGO-AM, suggested that listeners vent their grief and frustration by calling Reynolds.

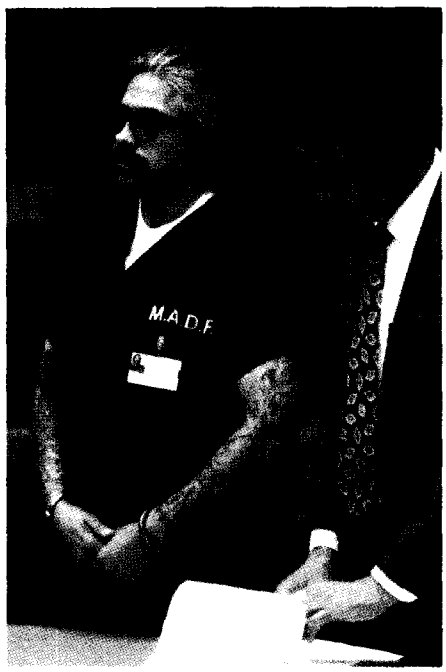
By Monday morning, the voice mail system in the "Three Strikes and You're Out" storefront headquarters had crashed under the onslaught of calls. Within a few weeks, more than 300,000 signatures were gathered. And these days, the letter carrier staggers into the campaign office bowed under the weight of his mailbag.

Angry Letter Writers

The mail is angry, more punitive than the measure itself, which mandates double the usual sentence for a second serious felony and triple the usual sentence—or 25 years to life, whichever is longer—for a third. By contrast, the Washington State measure, which passed last fall with 76 percent of the vote, does not enhance sentences until the third felony.

One typical letter writer was not satisfied. "What is needed is three strikes and you're dead," he said. "We can't afford to warehouse this load of human debris!"

Unlike the Washington State initiative, the California measure also restricts time off for good behavior so that a felon must serve 80 percent of any sentence rather than half, as is often the case now.



The California initiative aims to keep repeat offenders, such as Klaas' accused killer Richard Allen Davis, behind bars. Davis was on parole after several felony convictions.

But repeat felons deserve worse than that, the volunteers at the Three Strikes headquarters said, echoing the letter writers. "I'm for stricter things, like no conjugal visits and shut down the prison libraries," said Carl Lastella, a retired banker.

Supporters of Reynolds' measure, including Gov. Pete Wilson and State Attorney General Dan Lundgren, both Republicans, are confident that it will have a sweeping effect if it is passed. But that is impossible to judge at this point.

No Estimate of Costs

In Washington, 40 to 70 felons a year were expected to meet the criteria of that state's initiative, corrections officials projected, but none have been charged under the statute in its first month. No similar projections have been made in California, although there's widespread agreement that more people would be affected because of the stringency of the measure and the size of the state's criminal population.

Nor has anyone predicted how much the measure would cost if it went into effect, a calculation normally made after an initiative has qualified for the ballot. It is assumed that extending the sentences of so many felons would cost the state billions of dollars in increased prison costs while saving cities and counties some money, because there would be fewer repeat prosecutions.

Measures like the one in Washington and the one proposed in California are expected to be more effective than the so-called habitual offender laws on the books in 17 states, because they are broader and their application is mandatory. The 17 state laws, by contrast, generally give prosecutors and judges wide discretion about whether to charge felons as habitual offenders and tend to be narrower about which criminals qualify for the longer sentences.

There is broad consensus among criminologists that a small percentage of repeat offenders are responsible for the vast majority of violent crime. But experts are divided about whether targeting repeat offenders for life sentences is an effective remedy.

William J. Bennett, the former Secretary of Education who is now the director of Empower America, a conservative advocacy group, said such measures are a worthy way to reduce the "frustration level of Americans who see people engaging in violent acts and not doing their time."

'Expensive Old-Age Homes'

But opponents say the measure, however

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The killing of Polly Klaas jolted California communities and the nation. Volunteers (right) join in a rally at the Capitol in Sacramento, urging lawmakers to pass tougher penalties against repeat offenders.

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"CUSTOMIZED" TREES

Using inexpensive grafting and transplanting techniques, homeowners can design a landscape from the ground up.

by Gary Hennen and Jim Evans

Have you ever admired a tree or shrub—in the woods, in a friend's backyard, or on a private property as you were driving past—that you just wanted to uproot and take home with you? Perhaps the plant had excellent form, lots of pretty flowers or your favorite fruit, or spectacular autumn color, or showed signs of being winter-hardy or drought-resistant. It is possible to transplant that tree or shrub in your own yard without ruining a friendship or trespassing on private forestland some moonlit night. But with careful selection, you can get plants comparable to what you want—and often more "custom designed" for specific tastes, locations, or problems than you'd get from a nursery. You may need a plant that fits into such artificial constraints as power lines, streets, and sidewalks. You may want something that provides contrast with existing plants, or you may wish to create habitats that will attract wildlife to your property. You can do all of these through propagation of plants that are best suited for whatever use you have in mind. Such propagation is commonly done by transplanting seedlings, collecting seeds, or taking cuttings from the desired plant.

The search for a superior hickory nut led neurologist Dr. Charles Spurgeon into the interesting hobby of tree grafting. Here, he examines rootstock on his farm.

SEEDLINGS

The easiest of the three techniques is to transplant seedlings, since nature has already germinated the seeds. Ask permission from your friends or whoever owns the tree to select healthy-looking seedlings from under or around the plant you want to duplicate. These nearby seedlings are most likely to be descendants. Make sure to dig up enough soil and roots for the plant to survive. Place the roots in a plastic sandwich bag to retain moisture and plant the seedling as soon as possible. Pay special attention to it until it takes hold in its new surroundings.

SEEDS

Propagation by seed is the most familiar of the three methods, but not the simplest or most successful for all species. This is because germination must take place. Some seeds can simply be popped into the ground and watered, and a plant eventually grows. Other species need first to be germinated in pots and transplanted as seedlings. Still others require special conditions to achieve germination. Though they can present difficulty, these requirements reveal characteristics about the species that can be fascinating to learn. Although some seeds can be planted immediately upon maturing, most require a dormancy period that can be simulated by storing them in a cool, dry environment. Some seeds require a period of darkness. Others, like sourwood, require refrigeration or even freezing for periods varying from several days to months.

After dormancy has been achieved, germination conditions can include optimal temperature, moisture, oxygen, or light of certain wavelengths. These idiosyncracies of most common plants can be found in the *Agriculture Handbook*, available at local libraries.

If this is beginning to sound like a student science project or one that requires the facilities of a research scientist, it is time to note that in most cases, required conditions can be simulated around the house or property. Light of "preferred wavelength," for example, means either direct exposure to the sun or light filtered through a leaf canopy.

Special collecting and handling techniques can often be devised. Witch hazel, for example, has pods that pop open and scatter the seeds as they ripen. To catch the seed, plastic bags can be tied around the pods before maturity so the seeds will pop into the bags. Likewise, the cones of pine, spruce, and fir can be collected just

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Grafting in a Nutshell

Dr. Charles Spurgeon, an Indianapolis neurologist, has been "customizing" trees in his backyard nursery for more than 10 years. His main interest is hickory nuts. "I've always liked hickory as a flavor," Dr. Spurgeon says. "But hickory nuts are not available in stores. You can't go out to a nut shop or a supermaket and buy hickory nuts. Also, there are a lot of mediocre hickory nut trees in the wild. I figured I might as well grow some that are superior in terms of nut bearing and that crack out easily," he says. "That got me into the grafting area."

"Grafting is a way of propagating superior trees," Dr. Spurgeon explains. "The initial tree has been selected or seen as a superior tree for nuts or lumber or whatever. You take cuttings off, usually the size of a pencil from the end of a limb, and that is the grafting material, known as scion wood. You take the scion wood and graft it onto ordinary wild rootstock (a small seeding). You then have a tree identical to the one you started with. It's a way of propagating your superior tree asexually without getting the genes mixed up in pollen transfer.

"You graft to wild rootstock, generally within the same genus—cherry, walnut, apple, whatever—cutting off the trunk of a two- or three-year-old tree where the size will match the size of the grafting wood. Then you wrap the graft with a piece of plastic or something so it won't dry out. After that, it's on its own, except for your trimming or rubbing off other buds so all the growth will be forced into the grafted wood." Then you sit back and be patient until the tree becomes mature enough to produce nuts.

Grafting wood is usually cut in March while the twigs are still dormant, then stored in the refrigerator in a plastic bag until time for grafting in late April or early May.

"Here in Indiana we have a March scion swap meeting," Dr. Spurgeon says. "Indiana Nut Growers probably has three or four hundred members, some coming from neighboring states. People who have cut off their superior named varieties label them and lay them on tables. If you want a good-tasting hickory nut that cracks out easily, you go to that table and pick up the grafting wood." Besides hickory nuts, Dr. Spurgeon says, Indiana growers work with walnut, pecan and persimmon (even though it is not a nut).

"Another type worked on here, and I suppose in the eastern half of the U.S., is the chestnut," he says. "Most of the American chestnuts were killed off by the blight in the first half of this century. But oriental chestnuts, being resistant to blight, have been brought over and mixed with American genes during the past 20 to 30 years."

How does one get started in this "nutty" craft? Dr. Spurgeon says he began by joining the Indiana Nut Growers Association, of which he is now a current director. He advises people with an interest in grafting to get in touch with the nut growers association in their own state.

"Most states have them," he says. "Those states bordering on Indiana, for sure."

Two- or three-year-old wild seedlings within the same genus serve as good rootstock, which can be grown from seeds or procured from state nurseries that sell seedlings.

Usually, growers pick a spot on the trunk of the rootstock close to the same size as the grafting wood and cut it off there to provide for a more uniform growing specimen.

Insert the grafting wood, or scion, into the rootstock, then wrap the graft up in plastic so that it doesn't dry out. Once set, the tree is on its own, except for occasional trimming.

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Illustrated by Walter Skor

Botts and the Day the Dam Broke

BY WILLIAM HAZLETT UPSON

This was more than Botts had bargained for!
He was risking his skin to make a sale.

EARTHWORM TRACTOR COMPANY
EARTHWORM CITY, ILLINOIS
OFFICE OF THE PRESIDENT

Friday, January 3, 1958

MR. ALEXANDER BOTTS,
SALES MANAGER,
EARTHWORM TRACTOR CO.
CARE HENRY HARPER, EARTHWORM
TRACTOR DEALER
ROCK CITY, TEXAS

Dear Botts: I have recently written and sent out to our dealers a new pamphlet, "The Customer is Always Right." The principles set forth in this little work should be especially useful to our dealers and their salesmen, many of whom seem inclined to quarrel rather than cooperate with customers. I trust you will say a good word for this pamphlet to all members of our selling organization with whom you may come in contact.

Most sincerely,
GILBERT HENDERSON, President

Rock City, Texas
Monday, January 6, 1958

Dear Henderson: I have your letter—and I am sorry to report that your philosophy about the customer being always right is not going so good around here. I arrived in town early this afternoon in the company car. After registering at the hotel, I drove to the office of Hank Harper, our local dealer, and found him sitting at his desk glaring at a copy of your pamphlet.

"This is the last straw," he said. "At a time like this, when everything is going wrong, the president of your company sends me one of the most idiotic pamphlets I have ever read."

"What seems to be the trouble?" I asked.

"Everything," he said. "Most of my salesmen are down with the flu. Most of my office force is down with the flu. Most of my mechanics are down with the flu. I seem to be getting it myself. My temperature is over 100. And two of my best customers are acting completely unreasonable. One of them is due to arrive in here any minute now. He'll start yelling at me, and I don't think I have the strength to handle him."

"Hank," I said, "you can stop worrying about everything else and go home, climb into bed, and take care of yourself. Fortunately for you, Alexander Botts is on the scene. I will take charge of the situation with every confidence that I can work out a solution to your difficulties."

The door of the office opened, and a large, tough-looking gentleman came in.

"Good afternoon, Mr. McDonald," said Hank.

Behind Botts, the dam suddenly let go and a wall of water came roaring down the canyon.

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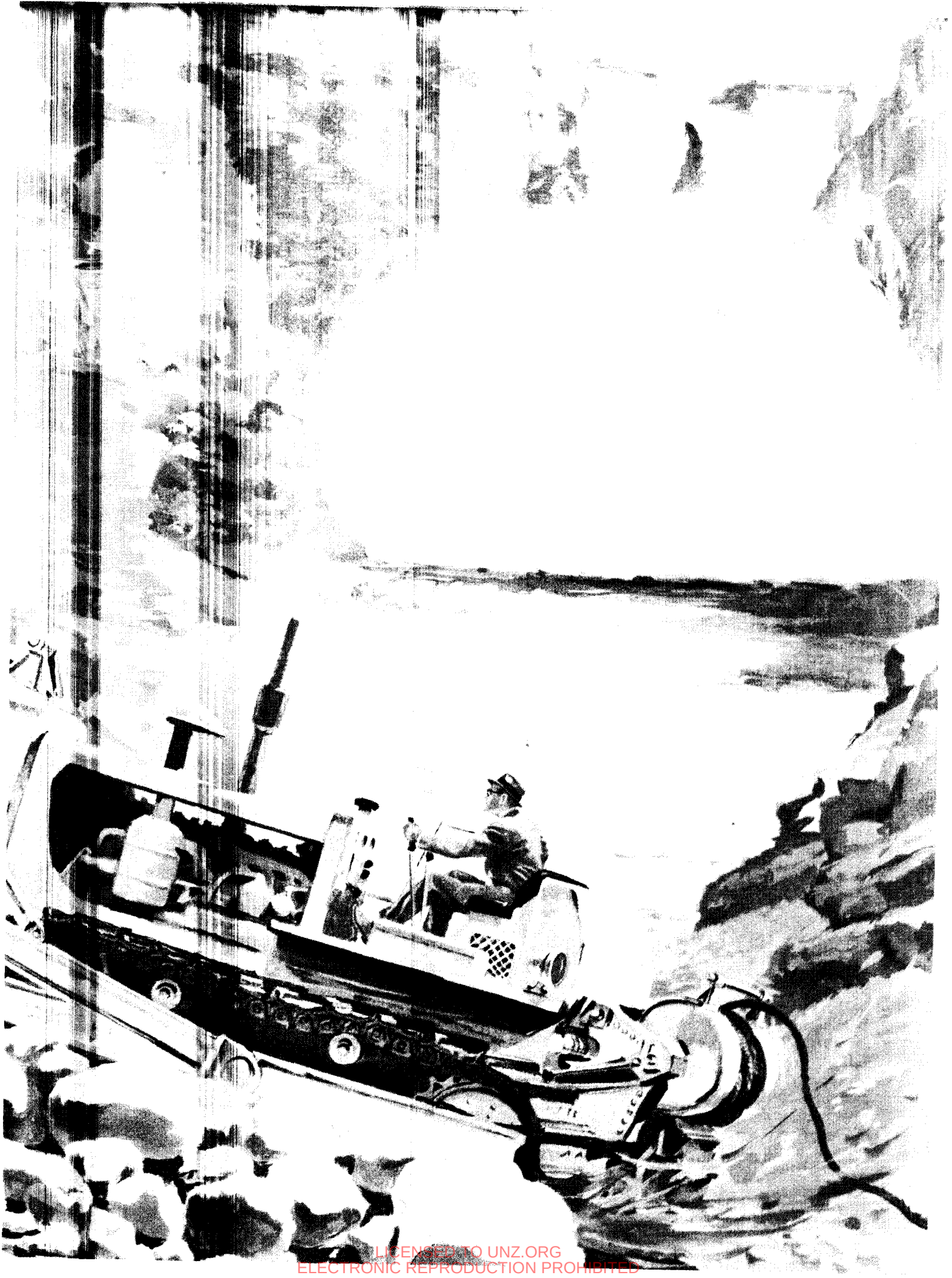

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The man scowled and began sounding off. "I have decided my wildcat well is a failure. I am going to move my drilling equipment out of the canyon. I want one of your big XX9 Earthworm tractors to do the job, and I want it right away. I'm in a hurry." He pounded on the desk.

Hank replied in a weak and discouraged voice, "I just told you over the telephone a few minutes ago that I don't have any of those big tractors on hand."

"You also said you would try to borrow the machine that belongs to old man Pike, here in town."

"I called him right after I talked to you, Mr. McDonald. He won't let you have it, and you know why."

"Sure. Old man Pike is a crook. I've been exposing him, and naturally he doesn't like it."

"If you would just lay off of him for a few days," said Hank, "maybe I could persuade him to let you take his machine."

"I'll never lay off."

"Then I'll just have to order a new Earthworm shipped in, but I don't know when it will arrive."

"You make me sick," said Mr. McDonald. "For months you've been after me to buy Earthworm tractors. Now that I want one, you can't deliver it. Fortunately, the Goliath tractor dealer has told me he can deliver one of his machines in two or three days. So I'll just have to do business with him."

"Wait a minute," I said. "I am Alexander Botts, sales manager of the Earthworm Tractor Company. If you will sit down and let us discuss your problems, I am sure that I can help you."

Reluctantly Mr. McDonald took a chair. I did likewise.

Hank gave me a brief explanation. "Rock City," he said, "is located on the rim of Rock Canyon, which is several hundred feet deep. About five miles upstream from here is the Rock River power dam, holding back the waters of Rock Lake. Just below the dam, there is a break in the canyon wall, with a road which leads down to the canyon floor at a point where Mr. McDonald has been drilling a wildcat oil well. Incidentally, I should explain that Mr. McDonald is one of our leading businessmen and a promoter of many large enterprises."

"I'm in a hurry," said Mr. McDonald. "Do I have to listen to all this stuff?"

"My only desire," I said, "is to be of service. As sales manager of the Earthworm Company I may be able to provide you with a tractor sooner than you think. You say you are in a hurry to move your oil-drilling equipment out of the canyon?"

"Yes, Mr. Botts. A few days ago we had a mild earthquake. It did no damage here in town, but it has so seriously weakened the foundations of the Rock River dam that it may go out at any time."

"And this would let the water from the lake wash away your drilling equipment?"

"Not only the drilling equipment, but a lot of supplies and machinery, including two 30-ton Goliath tractors."

"Why don't you use the Goliath tractors to move your stuff?"

"They have both broken down, and it will take a couple of weeks to get the parts to repair them. And I don't have any other large tractors available in this neighborhood."

"Mr. McDonald," I said, "you are indeed lucky that I am here. I am going to help you in two ways. In the first place, I am going to work on the problem of getting your valuable machinery out of the way of this potential flood. In the second place, I am going to prevail upon you, for your own good, to shift your patronage from the almost worthless Goliath to the peerless Earthworm."

"Mere words," said Mr. McDonald, "do not impress me. What I want is action. If you get that hardware out of the canyon before the dam lets go, I'll buy nothing but Earthworm machinery from now on. If the Goliath man gets there first and does the job, I'll keep on buying from him. And I'm planning to place some big orders before long for an Oklahoma highway-construction job that I have just bid in. If you want to get in touch with me, I'll be in my office across the street. Good-bye."

As soon as Mr. McDonald had left, Hank turned to me anxiously and said, "Do you really think you can get a new XX9 Earthworm in here within a couple of days?"

"I'm afraid not," I said. "This model has been so popular that we're way behind on our deliveries. I doubt if there is a single machine anywhere in Texas or the whole Southwest that has not been already promised. So the only thing to do is go after the tractor that is already here in town. I think you said it belonged to somebody called Pike?"

"I just told you he won't let us have it."

"We can always try. Is Mr. Pike really a crook?"

"Not really. You see, he owns a cave with a waterfall in it. The entrance to the cave is at the bottom of the canyon at the edge of Rock City, here. The only way to reach it is to drive five miles upstream along the state highway, then down the road into the canyon, where Mr. McDonald has his drill rig, and finally another five miles along a rather poor gravel road in the bottom of the canyon."

"Which brings you to the cave entrance in the canyon wall just below the edge of Rock City?"

"Correct. Mr. Pike has started to advertise his cave as a tourist attraction. He has signs all over this region: Visit Pike's Cave—See the Great Underground Waterfall. He charges 50¢ admission, but he doesn't make much money because people don't like that rough five-mile drive along the gravel road on the floor of the canyon."

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"Couldn't he install an elevator to take his customers straight down into the canyon?"

"It was going to cost too much. So Mr. Pike petitioned the commissioners' court to have the county improve the road in the canyon with a blacktop surface. And he started a big campaign with advertisements in the local paper, claiming that his project would benefit the whole town by bringing in more people and more business."

"And Mr. McDonald did not like this?"

"No. He began putting advertisements of his own in the paper, charging that improving the road would bring more business to Mr. Pike, but to nobody else. He said it was just a crooked scheme to rob the taxpayers for the benefit of Mr. Pike."

"And I suppose Mr. Pike came back with more advertisements of his own?"

"Yes. And last week Mr. McDonald stopped publishing advertisements and rented some sound equipment from a local radio store. He recorded a lot of speeches on tape, with interludes of band music. He put the sound equipment on a truck, which has been driving all over town blaring forth Mr. McDonald's opinions, and announcing that he will run for county commissioner for this precinct in the next election on a platform of 'Millions for the people of Rock City, but not one cent for Pike's Private Promenade.' "

Hank led me over and opened one of his office windows. From far down the street we could hear the sound truck.

"Isn't he starting his campaign pretty far ahead of the election?" I asked.

"When a man like that goes into politics, Mr. Botts, he works at it 12 months out of the year."

"Hank," I said, "I thank you for giving me such a clear account of the situation. I now repeat my suggestion that you go home and climb into bed. While you are taking care of yourself, I will call Mr. Pike and try to make him understand that he is completely wrong in refusing to lend his tractor."

Hank explained how I could reach Mr. Pike's home and wished me luck. "I don't know if you can get anywhere with Mr. Pike," he said, "but at least you are not as crazy as this thing." He picked up from the desk his copy of your pamphlet, "The Customer Is Always Right." "It doesn't make sense, Mr. Botts. Here I have two customers—both of them stubborn, opinionated and quarrelsome. I say they are both wrong."

"And I agree with you."

"Then why does Mr. Henderson say the customer is always right?"

Note. At this point, Henderson, I decided that the title of your pamphlet really is a bit silly. But I am happy to report that I sprang to your defense at once.

"It's a three-piece set."

"What Mr. Henderson was probably trying to say is that a good salesman can often gain the good will of a customer and thus promote a sale by making the customer think the salesman thinks the customer is right, even though the salesman knows the customer is wrong."

"If that is what he meant, why didn't he say so? And what does he mean on page one, here, where he urges us dealers to become 'emotionally mature' and cultivate a feeling of 'empathy' and 'togetherness' with our customers? I tell you, Mr. Botts, these tough customers are not interested in inspirational drivel like that."

"You are perfectly right," I said. "But we should not blame Mr. Henderson. I don't think he wrote this foolish pamphlet. Probably he never even read it."

"I don't understand."

"It's very simple. Mr. Henderson is far too busy with the important problems of the business to waste his time on a mere pamphlet. So he turns the job over to some bright young college graduate who has a good flow of language and knows a lot of important-sounding words. The young man writes the pamphlet. The president signs it."

"I never heard of such a thing."

"It's done all the time. When you read a foolish statement by some big shot in business, don't blame him. Blame his ghost writer. And if you think some decision by the United States Supreme Court is foolish, don't blame the justices. They can't possibly have time to wade through all the evidence and write all the decisions in all the cases that come before them. So most of the work has to be done by bright but inexperienced young law clerks just out of law school."

Having thus defended your reputation, Henderson, by comparing your behavior with that of the august United States Supreme Court, I got Hank started for home. I myself drove to Mr. Pike's residence, which turned out to be a comfortable house set in a spacious and well-kept lawn. Mr. Pike, an elderly gentleman with a thin, suspicious-looking face, greeted me politely.

After introducing myself, I steered the conversation away from controversial matters by launching into a veritable rhapsody on the subject of caves. I explained that I was a lifelong lover of caves in general, and of underground waterfalls in particular. This started him off on a description of his own spectacular cave and waterfall. I then told him of my visit to the waterfall in the great Secret Caverns in New York State. Before long, we were swapping experiences in a most cordial manner. And I listened spellbound while he told me of his thrilling adventures in exploring his own cave.

He then took me out onto a terrace at the rear of the house, and we peered

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LIFE WITH LUCIE

At 42, the multitalented daughter of Lucille Ball and Desi Arnaz takes the most pride in her starring role as mother.

by Audrey Hingley

Dressed in tan blouse and matching green khaki vest and slacks, she sports a green baseball cap jauntily atop close-cropped dark brown hair. A face devoid of makeup emphasizes that she has been blessed with natural good looks. It's difficult not to stare, because up close, Lucie Arnaz bears an eerily striking resemblance to Desi, her father.

She speaks in the short, clipped, rapid-fire tones of a native New Yorker, although she grew up in California. With her dry wit, which sometimes borders on sarcasm, and jokes routinely sprinkled throughout her conversation, she is genuinely funny. However, she has a serious side as well. And unlike some celebrities, her responses to questions are thoughtful, rather than littered with clichés.

After growing up in the spotlight, Lucie relishes the luxury of doing makeup for her daughter's school play. "I feel sorry for my mom that she never got to experience this," she says.

The only daughter of television's most celebrated comedy team—the late Lucille Ball and Desi Arnaz—Lucie, at 42, has lived her entire life under the media glare. Her résumé in the show business world includes singer, dancer, and actress. She has performed on Broadway and in made-for-TV movies and has starred in three TV series ("Here's Lucy," "The Lucie Arnaz Show," and "Sons and Daughters"), as well as critically acclaimed nightclub acts.

An accomplished singer with a sultry alto voice, she recently released her first album on Concord Records, a collection of classic jazz tunes entitled *Just in Time*. With actor Laurence Luckinbill, her husband of 14 years, she has launched a video production company dubbed ArLuck Entertainment; like her parents' Desilu Productions, ArLuck is a combination of the couple's names. To handle their respective individual performances, they have formed Just ArLuck Productions. In addition, Lucie oversees Desilu, the entity responsible for dealing with requests, permits, or legal issues relating to Lucille Ball and Desi Arnaz.

The shadow of her parents is never far away. Along with performance videos featuring Arnaz and Luckinbill, the company offers several Lucy and Desi-related videos. One, *Lucy & Desi: A Home Movie*, is an Emmy Award-winning film biography of her parents that made its TV debut Valentine's Day, 1993. The film, which includes never-before-seen home-movie footage, clips from her parents' early movies, and candid interviews with close friends, was coproduced by the Luckinbills and hosted by Lucie. The for-sale version includes 18 additional minutes not seen in the TV version.

In the years following her parents' deaths, there has been a flood of not-always-kind publicity about her family, including an unauthorized, made-for-TV movie (*Lucy & Desi: Before the Laughter*) that both Lucie and her brother publicly denounced. Was this what prompted Lucie and her husband to produce a film biography?

"No. . .the main inspiration was my mother's death," Lucie explains, leaning back in a comfortable black leather chair in an office filled with family photos, acting awards, and the Emmy perched prominently on a windowsill. "I was faced with going through four garages of my mother's stuff and her belongings. I had to categorize everything in her own film library. . .she had 20-some years of home movies and 16 mm reels."

Arnaz put the movies in storage, but not before making some video copies she could watch at home.

"Once in a while, when I wasn't too depressed, I'd throw on a tape and wonder, *Who is that*? Mother did not show me those movies; there were quite a few reels I hadn't seen," she recalls. "I had seen the script for the other movie, and it was tabloid in tone, and suddenly I thought, *How could I use this intimate portrait, combined with some real research, to create a collage that is my parents?* It's more like a book to me, always on the library shelf. We did it by ourselves, and the experience of not knowing and learning was wonderful, as opposed to hiring a bunch of professionals with me as a consultant, because we wanted to learn how to do this."

It's obvious Lucie is pleased and proud of the outcome. She says winning an Emmy for Outstanding Information Special was unexpected, but the award and high rating for the TV version clearly provided her with a

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vindication of sorts for her parents, especially after so many distorted media images. It's also obvious that she loved both of her parents very much, even as she simultaneously acknowledges their human flaws.

About their divorce, she recalls, "Part of you knows they shouldn't be together anymore because they cannot get along. Then you think, *These are my parents; they* can't *not be married*, and you keep thinking there *must* be a way [for them to stay together]! You think, *There is a way to work this out if they would go get some help*, but they aren't doing that. They *did* love each other, but they had old baggage from their life they never dealt with."

Lucie enjoys a happy marriage with Luckinbill, 17 years her senior. A handsome, warm man, he has won recent acclaim for his one-man show, *Lyndon*, a touring stage show set in 1968 on the day President Lyndon Johnson decides not to seek reelection for the Presidency. Introduced by a mutual friend, they enjoyed a close friendship before friendship budded into romance.

"I remember he said, 'You want to be courted.' I thought, *I don't even know any guys who* know *that word!* The next day, in walks a guy with this enormous basket of flowers, probably $400 worth, with ribbons streaming to the floor. I opened the card, and it said, 'Courting,' " she recalls with a laugh.

The marriage is good, but Lucie admits it's taken some work.

"We're not above getting help; we've gotten marriage counseling," she says. "Counseling helps you not to blame the other person and understand that there are reasons people respond a certain way. When you are a child of divorce, you're wary of making any rash, snap decisions about ending a union when children are involved. If I didn't have kids, there might have been a couple of times I wouldn't have wanted to deal with whatever conflicts might have come up."

Despite the professional accolades, Lucie emphasizes that being a mother to Simon, 13, Joe, 11, and Katharine, 9—as well as stepmother to Nicholas, 24, and Ben, 18, from her husband's prior marriage—are the "credits" for which she is most proud. She lives with her family in a comfortable, eclectic Cape Cod farmhouse with cedar shingles in upper Westchester County, 40 minutes from New York City. Her 1,200-square-foot office, housed atop a garage adjacent to the family home, overlooks a pond on the property's 15 scenic acres.

The only daughter of television's most celebrated comedy couple, Lucie Arnaz has come full circle: from singer, dancer, and actress to executive and mother who does her own cooking.

In an area filled with expensive real estate and mega-houses, the Luckinbills are surprisingly unpretentious. Their house is large, but not a mansion; Lucie drives a Honda Accord, husband Larry a Jeep. A Mercedes that once belonged to Lucille Ball sits inside the family garage. The children all attend local public schools, and here, Lucie is simply "Mrs. Luckinbill." The family moved here from California in 1991, after Lucie's last TV series, "Sons and Daughters," was abruptly canceled, despite garnering good reviews.

"This is home. We both feel we belong here. Los Angeles is my hometown, but it feels different to me now than it did when I grew up there," Lucie explains. "The atmosphere there seems to be incredibly concerned about looks, facade, the car you drive. Not that a little of that doesn't exist here, but there's more acceptance of various kinds of people and culture here. Putting our kids in school here was the smartest thing we ever did."

Lucie's days revolve around getting the children off to school ("They go in shifts. . .our breakfast time is from 6:30 to 9:00 a.m., the longest breakfast in America!" she jokes), reading scripts, evaluating business projects, and planning what to make for dinner. A housekeeper helps out, but unlike Lucie's own childhood, there are no live-in maids or servants, and she does her own cooking.

"I did the makeup for Kate's school plays this week, and I got all misty-eyed making gingerbread houses at school. I feel so bad for my mom, not just for me, that she never got to experience this," Lucie says quietly. "I have learned a lot about parenting and child psychology from the atmosphere we live in today, more so than my parents had the opportunity to; I'm a pretty good mom, although there are times I get caught up in a game of wits and control with my children."

How different is her relationship with her children from her relationship as a child with her parents?

"I'm here more; I don't hear things thirdhand from two housekeepers. I'm here and I'm doing it. I'm more involved in the details of their lives," she says. "My parents tried to take an interest in our lives, but unfortunately, somebody else was always executing their interests."

Tall, slender, and fit, Lucie admits to being "a lousy exerciser." To stay in shape, she whips out old show rehearsal tapes and tap-dances for hours. She takes vitamins and says one of the

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INVEST NOT THY WHOLE WAD

Following one man's advice could make April 15 one of the happiest days of the year. Just don't bet your shirt on it.

by Maynard Good Stoddard

Illustrated by Don Trawin

Before you begin thawing out some of your frozen assets to transplant in the speculative soil of Wall Street, I'd like a few words (exactly 1,337, as it turns out) with you.

You may be confused (I know I was) by divergent sayings emanating from the Street. One saying warns, "Invest not thy whole wad." Another one says, "The only way to come out of the market with a small fortune is to go into the market with a large fortune."

As you should already know (otherwise, this is no place for you), participants in the market are divided into two camps: the Bulls (optimists) and the Bears (pessimists). I was neither. I started out as a Hog and came out a Chicken. Having neither a whole wad nor a large fortune, I wondered what would happen if I went into the market with only half a wad. The answer is, I came out with my shirt. And I was lucky to have that.

But don't go away. In the process of watching my dollars dwindle to this 50 percent polyester, 50 percent cotton, size M, I stumbled upon an investment strategy that has turned April 15 into one of the happiest days of the year. And before you turn your wad over to the Wall Street wolves, I suggest you listen up.

With dreams of yachts, spas, limos, eyeglasses with stained glass lenses, and monogrammed toothpicks dancing in my head, I began my invasion of Wall Street by buying 100 shares of Thortec at 20⅜ (dollars, that is) per share. When the stock promptly dropped to a bargain at 17½, I shrewdly added another hundred. By the time it had descended to three, my portfolio boasted a neat 1,000 shares, primed and ready to take off like a goosed gazelle.

At 9/16—or 56¼¢—I cleverly executed what is known as the "bigger fool" strategy by dumping the whole load on a poor novice in the market. It's dog-eat-dog, you know.

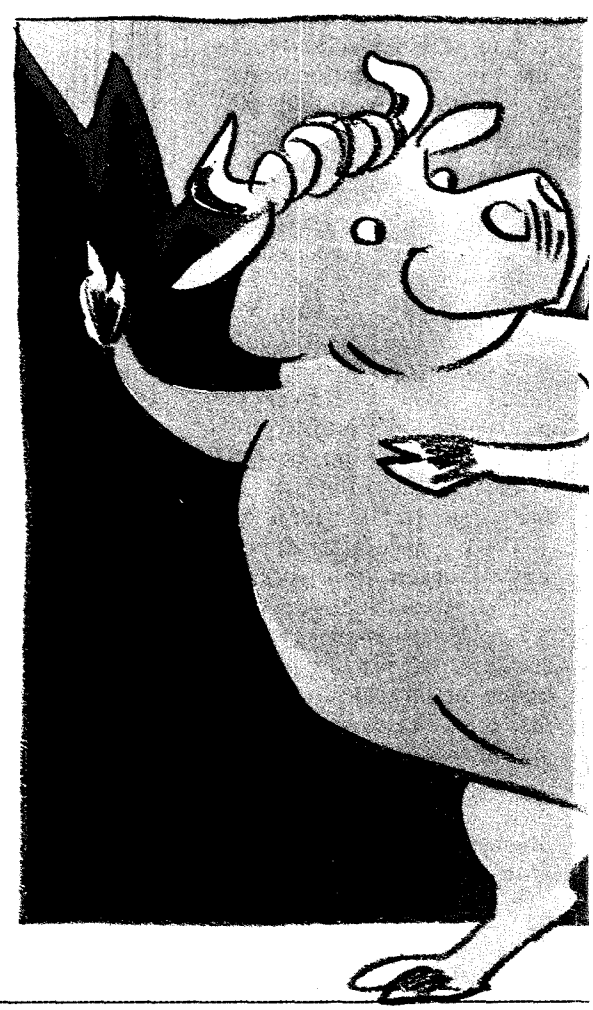
"So, how much did you lose?" will, of course, be your first question. As it was my dear wife's first question. But, as I pointed out to her, there's this saying: "There is no gain except by loss." (You could look it up.) When something in the glaze that formed over her eyes told me that she wasn't quite clear on this point, I took her—as I'm now taking you—to Tax Form 1040, Schedule D, Capital Gains and Losses, Line 20: "If line 19 is a loss, enter as a loss on Form 1040, line 13."

"With this loss," I said, "our taxes this year will be cut to a nubbin." But why is it that a woman who can decipher the hieroglyphics of crocheting directions can't understand a simple principle of economics?

Nevertheless, once I had caught onto this strategy, there was no stopping me. By avoiding the pitfalls of comparing a company's current assets to liabilities, working out its price-earnings ratio, checking its long-term debt, earnings record, and management background, I took on 600 shares of Pennsylvania Engineering. When it, in remarkably short order, folded its tent, I quietly stole away with another neat tax loss of $1,200.

You may resent my continuing to boast like this, but I can't help mentioning how I snapped up 200 shares of Arrow Electronics at 19½, adding another 100 shares at 14¾. Sold the first 200 at five, the 100 at 5½. And barely in time. At this writing, the stock has hit 35⅜. I still get chills thinking of the tax if I'd hung onto that baby.

Oracle Systems would bring me even closer to a disaster. I bought 200 shares of that dude in January at 8⅛, sold the 200 in July that same year at 8⅛. Couldn't figure out why the stock would tread water for six entire months. The answer turned out to be me. Once I gave up on it, Oracle Systems headed due north, arriving at a price of 64 only a year later. The stock has since split two for one and headed now for who-knows-where. I'm still sweating



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over that one.

Timing, as you can see, must be credited with much of my success. Knowing when to hold 'em and when to fold 'em. Even street-smart veterans will hang onto a stock like the proverbial puppy to a root, even while it continues to go up, up, up, finally getting out right at the very top. They don't seem to realize what they're in for.

But, thanks to stocks like Crime Control, College Life, Alphanumeric, Solar Equinox, and I don't know how many others (my dear wife could tell you, but I have lost count), I have learned that there'll come a day when the company's CEO will come down with a head cold, or quarterly earnings will plunge by one cent a share, and the stock will drop like a rock. Then a stockholder can get out without having that big tax axe hanging over his head.

One question I am often asked (most often by dear wife) is, "How do you come up with these rocks that offer so much tax relief?"

I would like to credit my own sagacity, of course. But, to be truthful (strange as that word may sound, coming from me), I must include several sources for my tax-loss triumphs.

A "stockbroker" has been so named because a client who responds to his tips most often ends up broker than when relying on his own stock selections. For one of my numerous examples, I refer to College Life. The broker talked me into 100 shares at 10½. It went directly to 21. Talk about your sleepless nights! But not to worry.

One question I am often asked (most often by dear wife) is, "How do you come up with these rocks that offer so much tax relief?"

When the stock finally "dipped" to 17½, I took the broker's advice to snap up another 100 shares. (Which reminds me, I never did thank him.) From 17½, College Life continued to dip until the stock certificates finally joined those of Pennsylvania Engineering and the others now decorating the west wall of my home office. With a lacelike border in light purple, they are really lovely.

Nor must I forget the sage advice of the "stock analyst," an animal to be found in publications such as *The Wall Street Journal*, *Barron's*, and *Forbes*, as well as "Wall Street Week" and "The Nightly Business Report" on the tube. The more laudatory the praise, the more assurance I have that the analyst has been caught with the stock and is trying to unload it on the "bigger fool." Had I not adopted this bigger fool role in several instances, I'm sure I wouldn't be enjoying the tax status I hold today.

Finally, I pay careful attention to the letter dreamed up by the president to his stockholders in the annual report. Whenever I read of the "one-time adversities" that have temporarily brought the company to its knees, and the surefire convalescent strategy for the year ahead, I know I've got a sure tax-loss tiger by the tail.

The one catch to my modus operandi: the IRS allows but a $3,000 capital loss per year; the remainder must be carried over. As I have tried to explain to my dear wife, I am staying in the market primarily to build up this carry-over to where it will last for as many years as she does. I'm not sure she fully understands.

As this carry-over may well be all that I will be leaving her, I've warned her not to go messing with the AT&Ts, the Chryslers, the Oracle Systems, and that bunch. Otherwise, all the work I'm doing now could go down the drain in a hurry.

If she—and you—have been paying attention, I want to wish you all a very happy April 15, this year and for years to come.

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SEEKING THE WIZARDS OF PROZAC

For more than 30 years, she suffered from bouts of paralyzing depression—then a new wonder drug changed her life.

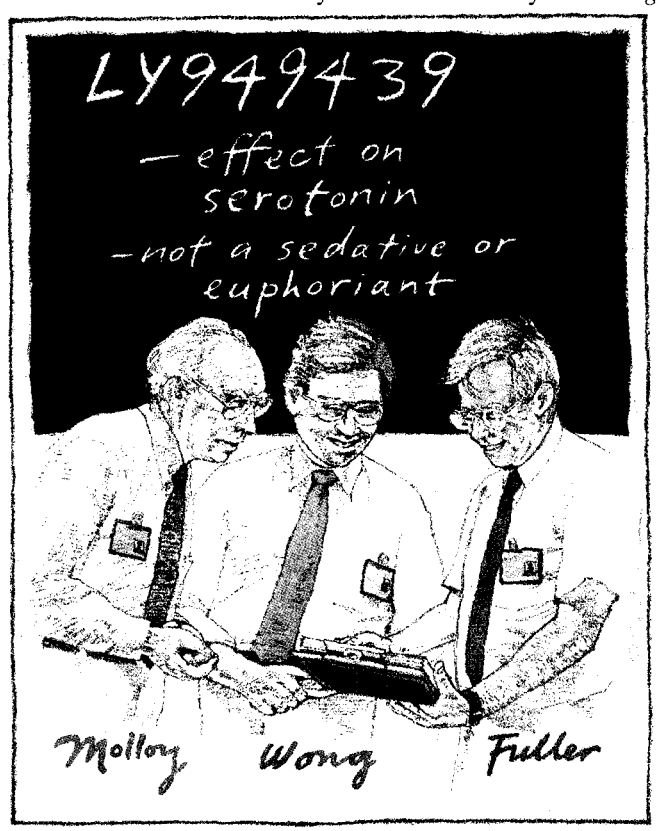
by Tracy Thompson

Illustrated by Frederick H. Carlson

In my palm is a green and white capsule, slightly larger than a Tic Tac. Inside is a white powder containing 39 quintillion molecules of something called fluoxetine hydrochloride. When reduced to a diagram on paper, the chemical structure of each molecule resembles a pair of aviator goggles with a broken nosepiece.

Once they are in my body, those molecules will migrate to my brain, where they will attach to sites on the ends of nerve cells and prevent them from absorbing a chemical called serotonin. Serotonin is a neurotransmitter, the bicycle courier of the brain, shuttling electrical impulses from one nerve to another. With less serotonin being absorbed, more of it will be pedaling around up there, delivering tiny jolts of electricity from nerve to nerve. You could say this little green and white capsule is about to ratchet up the voltage in my head. And, in some way—no one knows precisely how—this will help me feel better. Happier. Without nameless anxiety, able to take pleasure in ordinary things. Sane.

And there lies one of the more intriguing medical controversies of our time.



The wizard I seek, as it turns out, is not one person, but three: Ray Fuller, David Wong, and Bryan Molloy.

The drug is called Prozac, and since it came on the market in 1988, it has proven to be a startlingly effective treatment for a common but potentially deadly mental illness known as depression. This year, more than 10 million people around the world will take it, or one of several copycat drugs it has spawned. For Eli Lilly and Company, its manufacturer, Prozac brought in more than $1 billion in sales in 1992, testimony to its broad medical acceptance.

Yet something about it seems scary. Almost from the start, Lilly has been dogged by lawsuits claiming that for some vulnerable patients, Prozac triggered homicidal or suicidal impulses. The evidence has yet to convince any court of law, and the medical debate has largely yielded to a disquieting philosophical one.

Prozac is not a sedative or a euphoriant; it is different from anything that has come before, because it fundamentally and selectively alters personality without altering perception. And that gives abstract questions some disturbing reality. By using Prozac, are we fiddling with the human soul? Does its effectiveness mean that we don't have a soul—that the mind is merely a globe of tissue in which electrical and chemical events occur? Should we indulge in what psychiatrist Peter Kramer, author of the bestseller *Listening to Prozac*, calls "cosmetic psychopharmacology"—tinkering with personalities the way a mechanic fine-tunes a car?

It comes down to this: Who am I? Am I my unchemical self, no matter how unhappy that may make me? Or should I swallow this pill, achieve tranquillity, and risk obliterating some essential part of me?

Some consider this a paralyzing moral dilemma. I don't. For anyone who has ever lived through an episode of major depression, this is a no-brainer. If there is a pill that will make you well, or make it less likely you will get sick, you take it. My feeling on that point is so strong that I keep taking this pill long after my doctor has said it is okay to quit. If it hasn't saved my life, it has profoundly changed it.

I pour myself a glass of water, and down it goes.

But still—there are times when I have the uneasy sense that I am ceding a big part of my autonomy to the pharmaceutical industry. There is the *Brave New World* specter of "soma," the all-purpose psychic pepper-upper that enabled Huxley's futuristic government to create a society of compliant pleasure-seekers. Sometimes I wonder who I would be if I weren't taking Prozac. Maybe I would be a tortured genius, like Byron. Or maybe I would be just me, and nasty. With periods of dank despondency.

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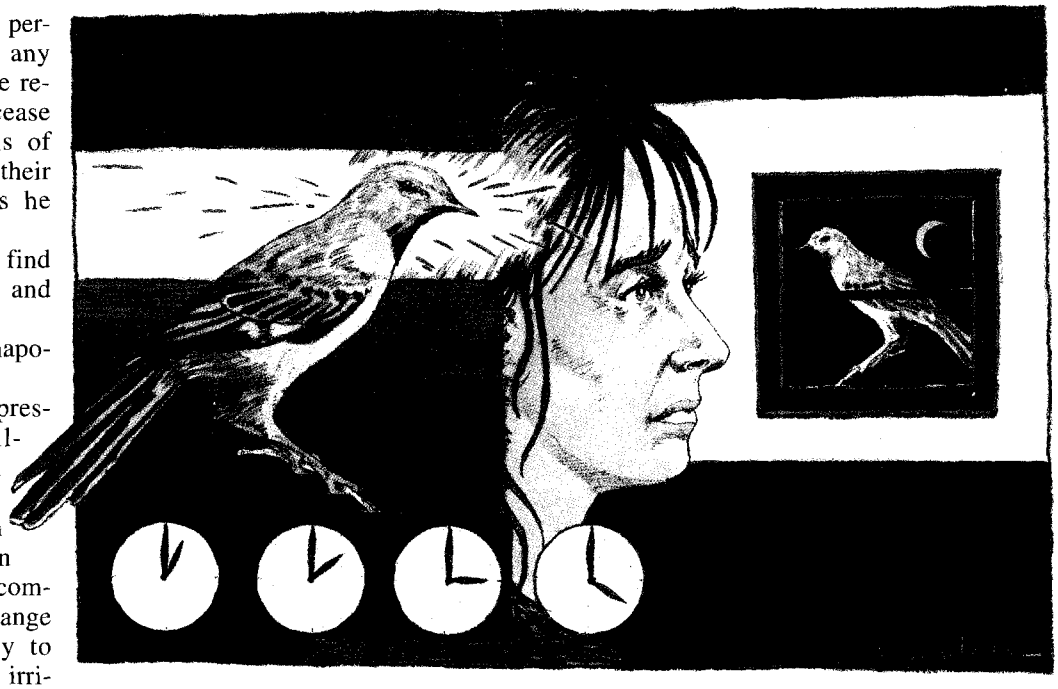
So I'm left to ponder: Did the person who made this pill have any idea what he was doing? Did he realize that the promise of surcease from pain would lure millions of people like me into donating their brains to science? What does he think about what he's done?

Then one day, I decided to find this wizard, whoever he was, and ask him.

My search took me to Indianapolis, via ancient Greece.

The Greeks knew about depression; it was for them a well-known array of symptoms, and their name for it can be poetically translated into modern English as "crazy fear." It's an apt thumbnail description of a complex illness whose symptoms range from anxiety attacks, inability to concentrate on everyday tasks, irritability, weight loss, and insomnia to its best-known sign: a deep, chronic sense of emptiness and despair.



Sometimes, in the South, mockingbirds get crazed. They sing all night. This one did, anyway, right outside my window... reminding me that it was 4:00 a.m. and that I had not slept for hours...

The Romans Latinized the Greek word "melancholia," which in Anglo-Saxon English got translated as "black bile," one of the four "humors" that made up the medieval concept of the human body. Illness, it was thought, resulted from an imbalance in those humors, and melancholy was due to too much black bile. The French spoke of the *masque*—the blank, soul-dead look of a person caught in the thrall of major depression.

"I'd rather be myself," he said. "Myself and nasty. Not somebody else, however jolly."

—BERNARD MARX, IN ALDOUS HUXLEY'S *BRAVE NEW WORLD*

For most of recorded medical history, doctors considered depression an illness of the body, and they treated it with purges, bloodletting, and special diets. But it also was seen as an illness of the soul. While some tried exorcism to drive the demons out, Robert Burton's *Anatomy of Melancholy*, published in 1621, counseled sufferers to seek the comforts of "true religion."

With Sigmund Freud came the classic psychoanalytic theories of depression: that it was anger turned inward, the lingering effects of unresolved trauma. For a while, the long shadow of Freud nearly obliterated any idea that this might be a physical abnormality. When that idea reemerged, it came about as scientific breakthroughs often do: by accident.

In the 1950s, researchers noticed that an antihistamine new on the market in France, chlorpromazine, helped tame the hallucinations and rages of severely psychotic patients and also helped people suffering from an agitated form of depression. In 1957, American doctors made a related discovery: A tuberculosis drug, iproniazid, also seemed to help perpetually morose patients recover their old vitality.

The observations were noted with interest by drug companies, who sensed a market and leapt into the void. Within a few years, a handful of new antidepressants were on the market.

The drugs did work for many people, but the side effects were sometimes debilitating. The antidepressants derived from the tuberculosis drug produced jaundice and high blood pressure; those derived from antihistamine made patients groggy and dry-mouthed. Some severely depressed people, demoralized by the side effects and tired of waiting for results, opted to use the pills to end their pain another way—by downing the whole bottle in one big gulp with, say, a bottle of vodka.

This idea—that an "imaginary" pain of the mind could drive someone to end his life—is a hard one for normal people to grasp. After all, everyone knows what sadness is. And there is grief, a close cousin of depression and a normal part of the human condition.

Describing depression is one of the most difficult tasks of language. Like all mental illness, depression exiles people into a foreign territory of the mind, from where they may or may not be able to send back bulletins. Like dreamers, the mentally ill often find that their return to clarity invokes an automatic amnesia; those who find their way home from its exile often forget what they saw in that strange land.

As for me, I not only made repeat trips, I kept a travel diary.

Mockingbird, singing in the dead of night.

Sometimes, in the South, mockingbirds get crazed. They sing all night. This one did, anyway, right outside my window. After a while, I was sure he was mocking me—flaunting his music in the sticky-warm night air, reminding me that it was 4:00 a.m. and that I had not slept for hours, that soon I would have to get up and face another day of deadening duties and crushing sadness. Exhausted but wide awake, I lay in the sweat-damp bedsheets, unable for the life of me to

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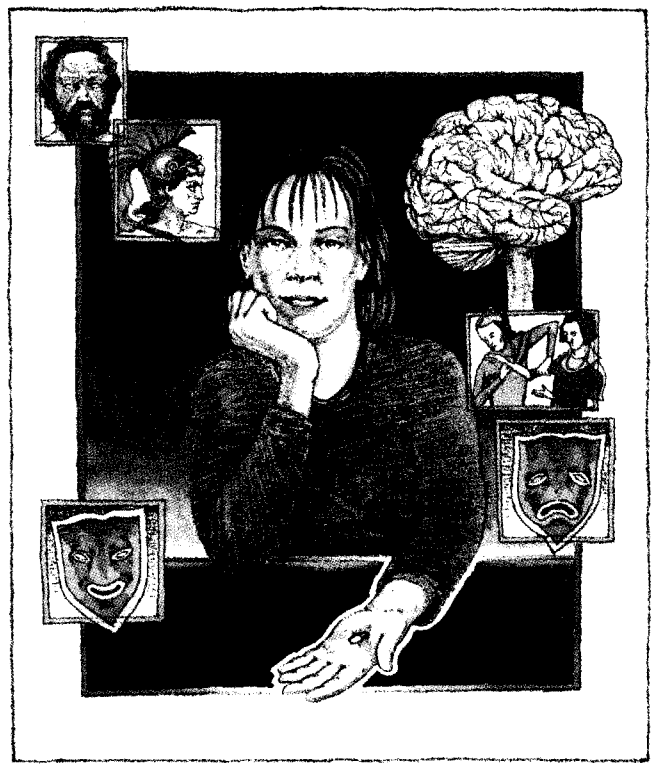
remember why I was sad. I was 20.

I was in college then and keeping my journal, the same one I had begun six years before. By then, it filled up dozens of spiral-bound notebooks, as well as an immense leather-bound ledger I had found in my mother's basement. The journal was my way of trying to make sense of the times when The Beast, as I came to call it, came calling.

The Beast was a familiar visitor, though I don't recall precisely when it first arrived. I can remember as a child—memory places it at around fourth grade—crouching behind a toilet in the girls' lavatory, unable to explain why I was there and just wordlessly sad. Depression is a disorder that tends to recur and to get worse if left untreated, and mine was a classic case: As I went through my teens and 20s, I suffered roughly a half-dozen episodes, lasting from a few months to a year-and-a-half, and each was worse than the one before. The Beast prompted me to start my journal, the winter I was 14.



It comes down to this: Who am I? Am I my unchemical self, no matter how unhappy that may make me? Or should I swallow this pill, achieve tranquillity, and risk obliterating some essential part of me?

I have it before me now, that first ledger—a green stenographer's notebook, filled with my loopy adolescent script.

"It sounds horrible, and it is," I wrote on page two, "but several times lately I have thought about how nice it would be to kill myself!!!"

In that mockingbird spring of my 20th year, The Beast came for its first extended visit. It sat on my chest at night; it rode my back during the day. A half-dozen spiral notebooks later, I would write in my journal:

"My face is wet. My hands are icy—I notice these things one at a time, gradually, like an infant. I am cold. Inside, I am a battlefield—Waterloo after Napoleon, Vicksburg after the siege. . . . Always a war; always fighting one emotion or another."

And later: "There is a deep, gnawing sadness at the core of everything, everything, and on afternoons like this I feel it most. I am empty inside. There is something in the future which is coming. . . . I am afraid that it will suck out my core and I will be completely empty and anguished."

And: "I have to find ways to get myself through it, people I love who will help me. . . . I have to because the alternative is simply existing, crawling in a corner to die. Or going over the edge into madness."

Throughout that spring and the year that followed, I felt myself leaving the people I loved. They stood on the shore, growing smaller and indistinct, as I drifted away on a reluctant journey. I felt trapped in an invisible, airless chamber, my frantic gestures ignored or misunderstood. I would sit alone in my dorm room, listening for hours to the violin countermelody, so full of longing and wordless grief, in the second movement of Beethoven's Seventh Symphony. To others, I merely seemed remote and angry.

After many months, the episode ended as imperceptibly as it had begun. But there would be others. In college, I found a psychotherapist, and eventually I tried antidepressants. But I didn't know what they were, and my doctors didn't seem to, either, since they prescribed them only at my request, and at first in doses too small to do me any good. Not surprisingly, the relief I got from them was fleeting. And there were months, even years, when The Beast stayed away.

It was not until 1990 that I tried Prozac. I had been on vacation with friends on Cape Cod. It was August, six months after I had been hospitalized for the most severe episode of depression yet, and I still wasn't well.

After a week at the beach, a sudden panic at the approach of my 35th birthday made me bolt; to the bafflement of my friends, I rented a car and drove to Woods Hole, Massachusetts, where I checked into a motel and spent one of the worst nights of my life, staring at my bottle of imipramine—a favorite drug among depressives who kill themselves—and wondering if The Beast had won after all, if the moment had come to negotiate a surrender.

In the morning, taking the urgent advice of my psychiatrist and a friend, I caught a plane to Washington. A prescription for Prozac was waiting for me at my neighborhood drugstore.

Two days later, I was at home when I had a moment of what I can only call clearheadedness. The suffocating anxiety was gone, momentarily, and I felt a deep relief, a sense of sudden calm after eons of warfare inside my head. I had gotten so used to the noise that the quiet was unfamiliar. It was as if the evil person who had been holding my head under water, trying to drown me, had suddenly let go. I picked up the phone and called a friend.

"I don't know if I'm imagining this," I said, "but I think I'm starting to feel better."

I don't feel sedated, or jittery, or drugged. I simply feel. . . normal. As if I had been driving all these years with the parking brake on, and now it is off.

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My recovery was not that dramatic, of course; there were several weeks in which I still found it hard to concentrate or sleep, and in which the daily weight of sadness seemed too much to drag around with me. But by October, I definitely knew: I was better. I have been taking Prozac ever since. I am, you might say, chemically altered.

Exactly what form this alteration has taken, I will never know. In the bad old days, I didn't always know I was depressed until somebody told me, the way people with leprosy sometimes didn't notice their deterioration until they scalded their hand and it didn't hurt. I can no more describe how that has changed than I can examine the back of my own neck. I don't feel sedated, or jittery, or drugged. I simply feel . . . normal. As if I had been driving a car all these years with the parking brake on, and now it is off. I feel as if the real me has returned—perhaps all the way from childhood, where she lived before The Beast arrived. Sometimes I sense that I have lost something. An intensity of feeling, maybe—a way of noticing the world with wonder. It is a perspective I now find hard to summon. Those instants are Kodachromed in my mind, like one moment from that mockingbird year when I saw a poplar tree in the rain, its yellow leaves falling on the wet pavement, and glimpsed an indescribable sad beauty. I don't have those moments much anymore; they have mostly all gone, along with most of those moments of lacerating despair. I have greedily swapped them for ordinary life. That may sound dull, but I tell you it is sweet. It is not caviar I crave, but clean sheets and hot soup.

At some point, the thought came to me that few people have affected my life quite as profoundly as the person who invented this drug. And I decided to tell him that, whoever and wherever he was. Which is how I came to be in Indiana, to find the Wizard of Prozac. He might have no idea of what he'd done, I thought, but I imagined he would like to hear from me.

I fear I have always tended to romanticize things.

*

The pale pink marble of Eli Lilly's corporate headquarters rises Ozlike out of the flat Indiana farmland. Inside, the atmosphere is something between a temple and a theme park. Three-story ceilings loom over a silver and marble lobby and the comings and goings of people who—as it seems to me—stride past with a sense of high purpose.

"Dr. Fuller and I were reminiscing one day, and we both decided that if we had not become scientists, we might have wound up in the seminary."
—DAVID WONG
CO-INVENTOR OF PROZAC

Through one of the huge lobby windows, I glimpse an immaculate green field with flowers that look so perfect they must be plastic, except they aren't.

Inside is a 90-acre complex of offices and laboratories. Walking through one of the labs, I stumble on a disconcerting sight—a row of live pigeons used in brain experiments, stored headfirst in plastic juice pitchers, tailfeathers sticking up like paper umbrellas in a row of mai tais.

The Lilly public relations department has scheduled an exhaustive tour, the highlight of which is to be my meeting with the Prozac scientists.

The wizard I seek, as it turns out, is not one person, but three: Ray Fuller, David Wong, and Bryan Molloy. They are the men collecting awards these days—but even that is an arbitrarily short list. I am informed that hundreds of people at Lilly worked on the Prozac project over a span of 18 years. The era of solitary Pasteurs puttering up miracles in their basements is as dead as the Model T. Because pharmaceutical industry profits often hinge on who gets there first, when a goal seems within reach, vast teams are thrown at projects.

Fuller and Wong seem much alike, even though Fuller is a farm boy from southern Illinois and Wong is a native of Hong Kong. Both are unassuming middle-aged men who convey a genial, pastoral demeanor—a bit like Sunday school teachers, or small-town family doctors.

Molloy is different: Quirky, irascible, he keeps to himself in offices clear on the other side of the Lilly complex. He has a gaunt, angular face and a discernible trace of Scotland in his speech, and he seems intense, at home between his own two ears and impatient with social niceties.

Lining the walls of his office is a series of world maps, growing smaller in scope and more detailed until, on the far wall, there is a sewer commission map of Molloy's native village in Scotland. It even shows alleys and car

continued from page 87

Researchers Bryan Molloy and Ray Fuller discovered serotonin was the key to depression. David Wong (center) found a method to measure serotonin in living brain cells.

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The American Illustrators Hall of Fame

HEARING THE CALL OF THE WILD

Beginning at the turn of the century, a series of wildlife covers awakened the public's awareness of the need for wildlife conservation and protection.

by Steven C. Pettinga and Maynard Good Stoddard

Although young people may think we are *lion*, the truth is, it hasn't been so long ago that wild animals were looked upon as creatures of mystery and lore. Today, of course, TV nature shows and *National Geographic* have enabled us to take the animal kingdom for granted.

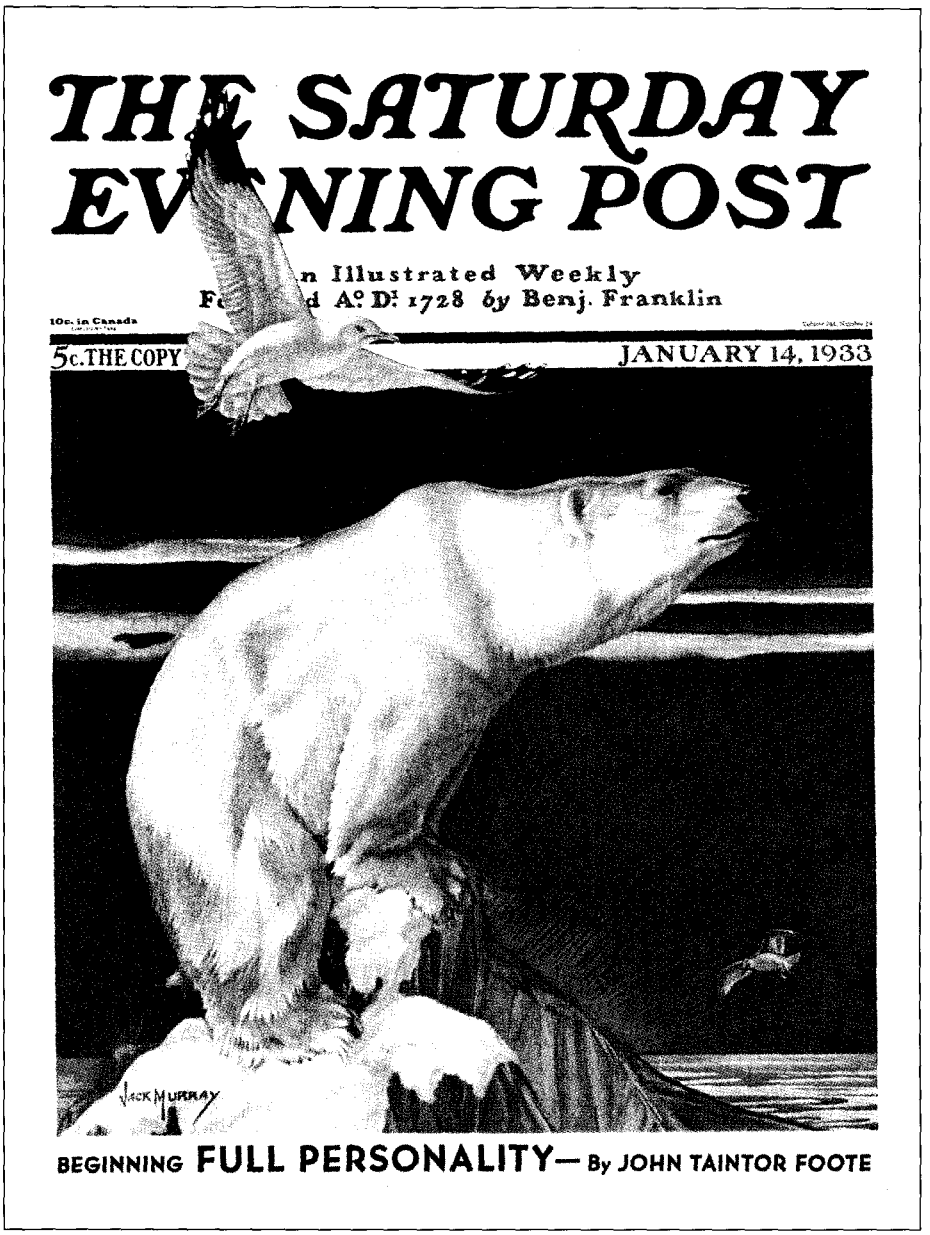
Nevertheless, if you will *bear* with us while we *burro* into the background of this transition, we promise not to become too much of a *boar*.

Let's go back to the days when photography was in its infancy and the burden of conveying the beauty and nature of wild beasts became *lynxed* (sorry) to the artist and the illustrator. What magazine most frequently featured stunning animal portraiture on its covers? Why, *The Saturday Evening Post*, of course.

Perhaps other editors were thinking, "If I put an animal on the cover of my magazine, *mongoose* is cooked!" (Oh, *deer!*) Not George Horace Lorimer. During his tenure (1900-1941), natural wildlife became the popular subject of many *Post* covers.

Lorimer's artists were definitely interested in making a *buck*. However, they also shared a deep respect for their subjects. Designed to create concern for wildlife conservation and preservation, these artists' efforts have endured. Considering that at the turn of the century natural parks and game preserves had yet to be established, the artists' work truly must be considered significant.

Behind those memorable *Post* wildlife covers were Jack London's *The Call of the Wild*, Joel Chandler Harris's "Brer Rabbit" stories, and Eric Knight's *Lassie*. These wonderful stories also did their part to boost the American reader's enthusiasm for the animal kingdom.


THE SATURDAY EVENING POST
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10c. in Canada
5c. THE COPY
JANUARY 14, 1933
JACK MURRAY
BEGINNING FULL PERSONALITY— By JOHN TAINTOR FOOTE

Artist Jack Murray presents a patient polar bear watching a pair of arctic terns—not really for pleasure, but for a clue on finding an easy "catch of the day."

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THE SATURDAY EVENING POST

An Illustrated Weekly
Founded Aº Dº 1728 by Benj. Franklin

VOLUME 212, NUMBER 34

February 17, 1940 5c. the Copy

Artist J. Moessell poses the question of what to do when friends unexpectedly drop in for dinner. Actually, orangutans are quiet and reserved, so they're wondering what all the fuss is about. Don't worry, they're also vegetarians.

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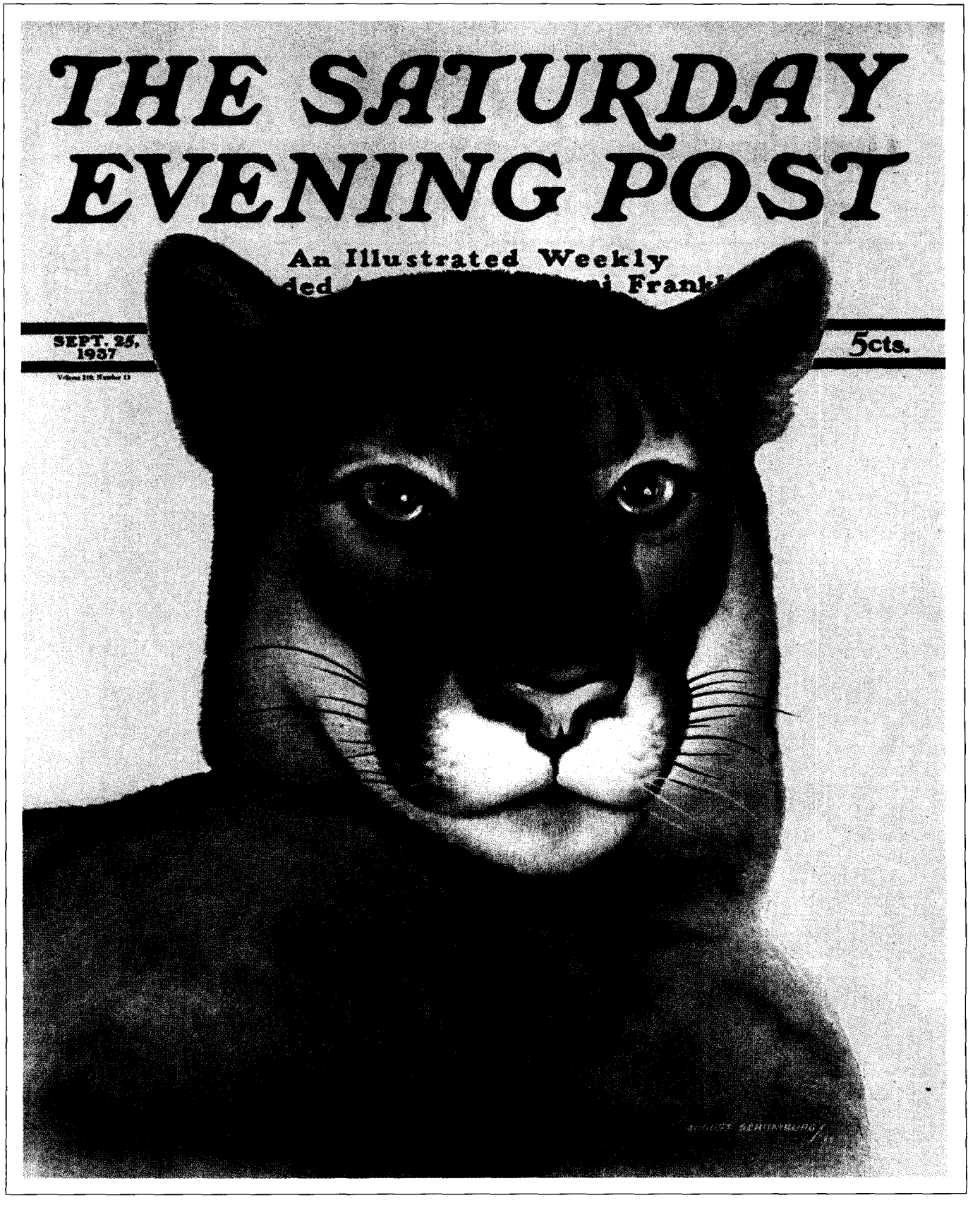

This glorious puma with the piercing eyes was the work of artist August Schomburg. Despite his cuddly appearance, we wouldn't recommend getting too close to the real thing.

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About the only thing cuter than a doe might be a pair of fawns accompanying her. Jack Murray's wide-eyed bunch seems to be making the most of a warm spring day.

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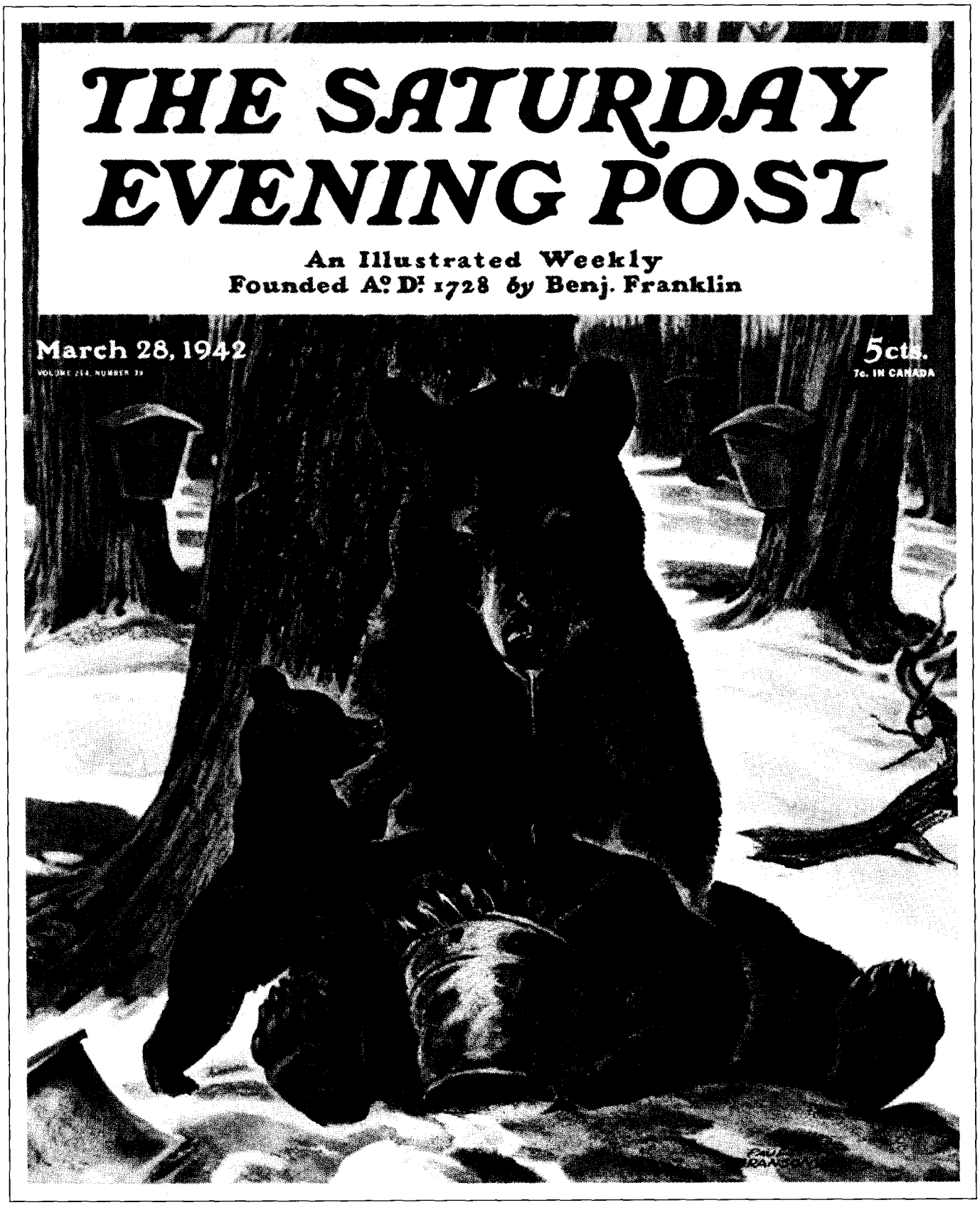

Paul Bransom's brown bear trio
definitely seem to be relishing this mid-winter treat.
Unfortunately, for the guy who tapped all these trees,
we don't think one helping is going to suffice.

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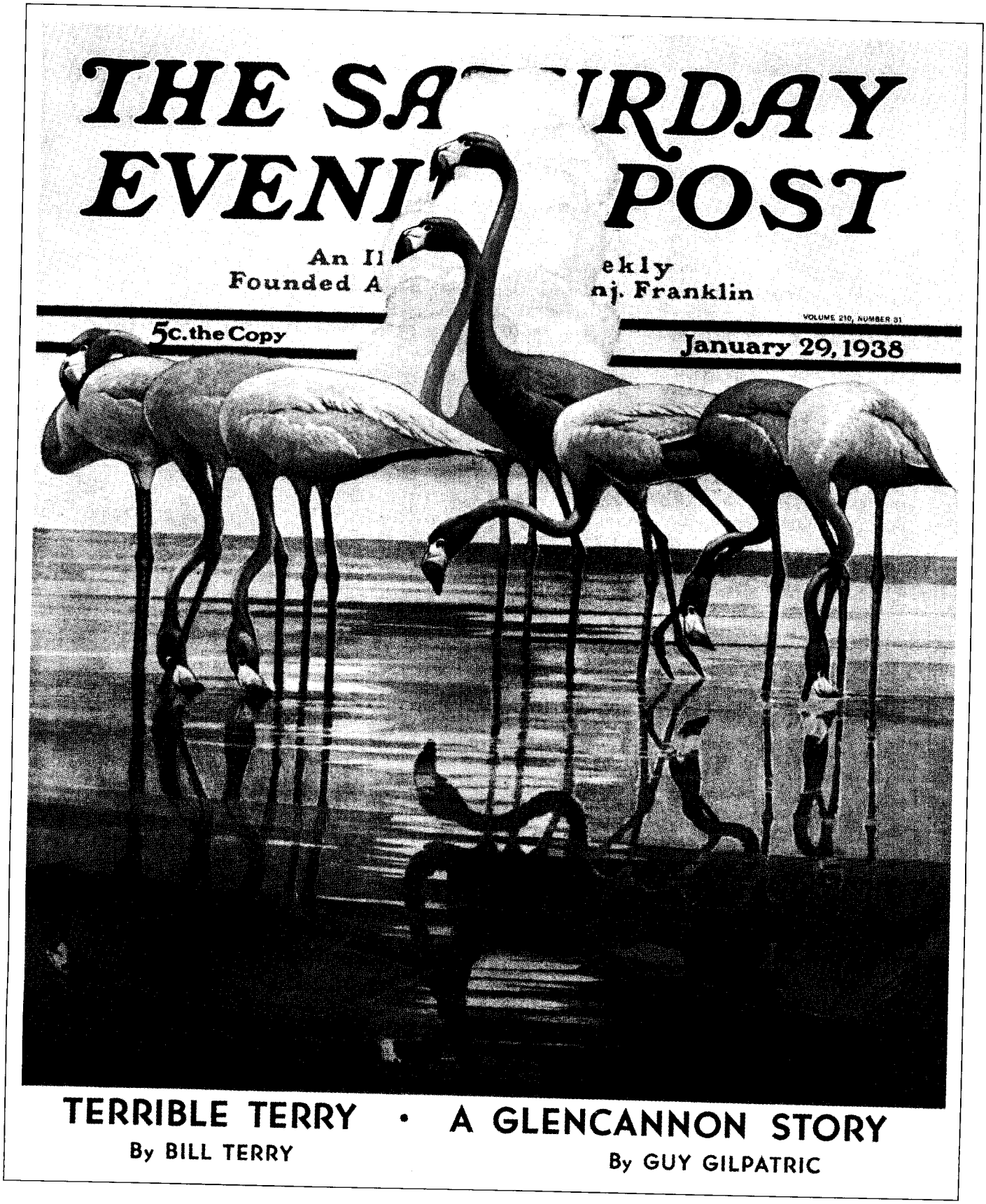

The aim of artist Francis Lee Jaques no doubt was to cheer northern Post *readers with this January cover of colorful flamingos in waters warm to the toes.*

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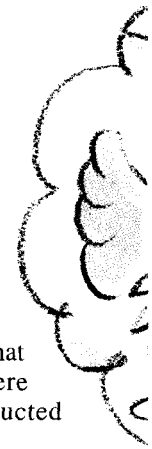
"AS LONG AS HE NEEDS ME"

Even lovebirds can take just so much togetherness. They can't live up to the name.



by Erma Bombeck

Illustrated by Don Trawin

In 1985, Bill and I bought a pair of lovebirds at a pet shop in the mall. They were irresistible with their fern-green bodies, their peach faces, and their black eyes watching your every move.

A couple of years later, while passing by their cage, I noted that the female had nearly severed the head of the male with her beak. We immediately put them in separate cages and nursed the male back to health.

Everyone was shocked but me. You burden someone with the name of lovebird and what do you expect—miracles? Just try spending all that time in a cage with old grain breath and see how kissy-kissy you are at the end of the day. First, it's little things like swinging on the ring when your mate is trying to sleep. Then it's dominating the water supply. Even birds can take just so much togetherness. They can't live up to the name.

It's the same with couples. After 36 years of marriage, there are expectations that must be met. No one ever expects you to leave a room when the other one walks in. The trick is not to take it personally. It doesn't mean you're out of love. It means you have the confidence at this stage to assert your independence.

The idea of separating had been terrifying for us. The simple truth is, we needed one another to function.

My husband wouldn't be alive today if I didn't help him drive. The man owes me big-time. He considers me tense and rigid when I drive with him. I think the phrase he used was, "It's like being around a constipated bullfighter." He, on the other hand, drives too fast, tailgates, and doesn't plan for contingencies.

He also passes cars. I do not like to ride with drivers who pass cars. It's a terrible habit. Okay, so maybe the car ahead of you is going 15 mph and you have to follow it for 200 or 300 miles. What's the big hurry?

He also has another trick that makes me crazy. He makes left-hand turns. With just a little planning, he could go around the block and make a right-hand turn, but no, he has to pull up to an intersection and take a chance that all those cars are going to stop for a red light and let him turn left. It's just too iffy.

Another horrifying truth I discovered was that I needed Bill to finish a sentence. Someone figured out that past the age of 35, the average person loses 100,000 brain cells a day. Quite simply, it means every day of our lives the pilot light diminishes, the elevator stops at fewer floors . . . it takes longer for the pot to boil.

Out of the clear blue sky Bill would ask, "What was the name of Fred MacMurray's housekeeper in 'My Three Sons'?"

"If you still have any feeling for me, you won't ask me to do this," I said.

"It was Bill something," he said.

"How about William Frawley?" I asked.

"No, he was the butler on . . . what was that show with the three kids and the guy on 'Hardcastle and McCormick'?"

"No, no, he had a beard and Frawley was bald and was—"

"On the Lucy show. What was Ethel's real name?"

"Vivian."

"Blaine?" he asked.

"Vance. What was the original question?"

"I forgot."

Sometimes when we were in a group, we would converse in tandem. The other people wouldn't know who they were talking to.

ERMA: I heard the most amusing story the other day. This fella . . . he used to be our insurance salesman . . . Oh, what's his name? Ben . . . something . . . begins with a B.

BILL: Fred . . . Fred Zwack.

ERMA: That's him. You'd all know him if you saw him. He looks like the movie star . . . You know, Jim Arness in "Gunsmoke"? His brother . . . tall, blond . . .

BILL: Peter Graves.

ERMA: Yes! He was on that show for a long time where your assignment self-destructed . . . "Mission Unbelievable."

BILL: Impossible.

ERMA: Right. Anyway, this dog was in . . . it wasn't a bar exactly . . . You know, the lights twirled around the loud music . . .

BILL: Disco.

ERMA: He was in a disco and a guy came up and offered to buy him a drink. It was a weird concoction.

BILL: Is it important to the story?

ERMA: Yes.

BILL: A California slinger?

ERMA: Beer! It was a beer. And the dog said . . .

As all eyes waited in anticipated relief, I said, "Talk among yourselves; I have to think what the punch line is."

When we noticed this happening, we decided to keep our minds razor sharp by testing them. So each day at 4:30 we lined up on the sofa to watch "Jeopardy."

It was pitiful. We knew the history answers. (Why shouldn't we? We were there!) But by the time we got the answers out, we were into the 6:00 news.

We had both come to the point where we were taking care of one another whether we wanted to be taken care of or not.

I thought I was capable of reading, but every morning he felt compelled to leap from his bed, take the rubber band off the newspaper, and read it aloud to me like I was sitting on Barbara Bush's lap in a literacy program.

"Listen to this, Erma," he would announce. "Lady, a four-year-old collie, was breathless after a long journey home in Minnesota."

"I'll read it later," I warned.

"Fleeing a forest fire near Tower, she walked all the way to Duluth. Some would say it's instinct; some would say it's the power of love. The long journey

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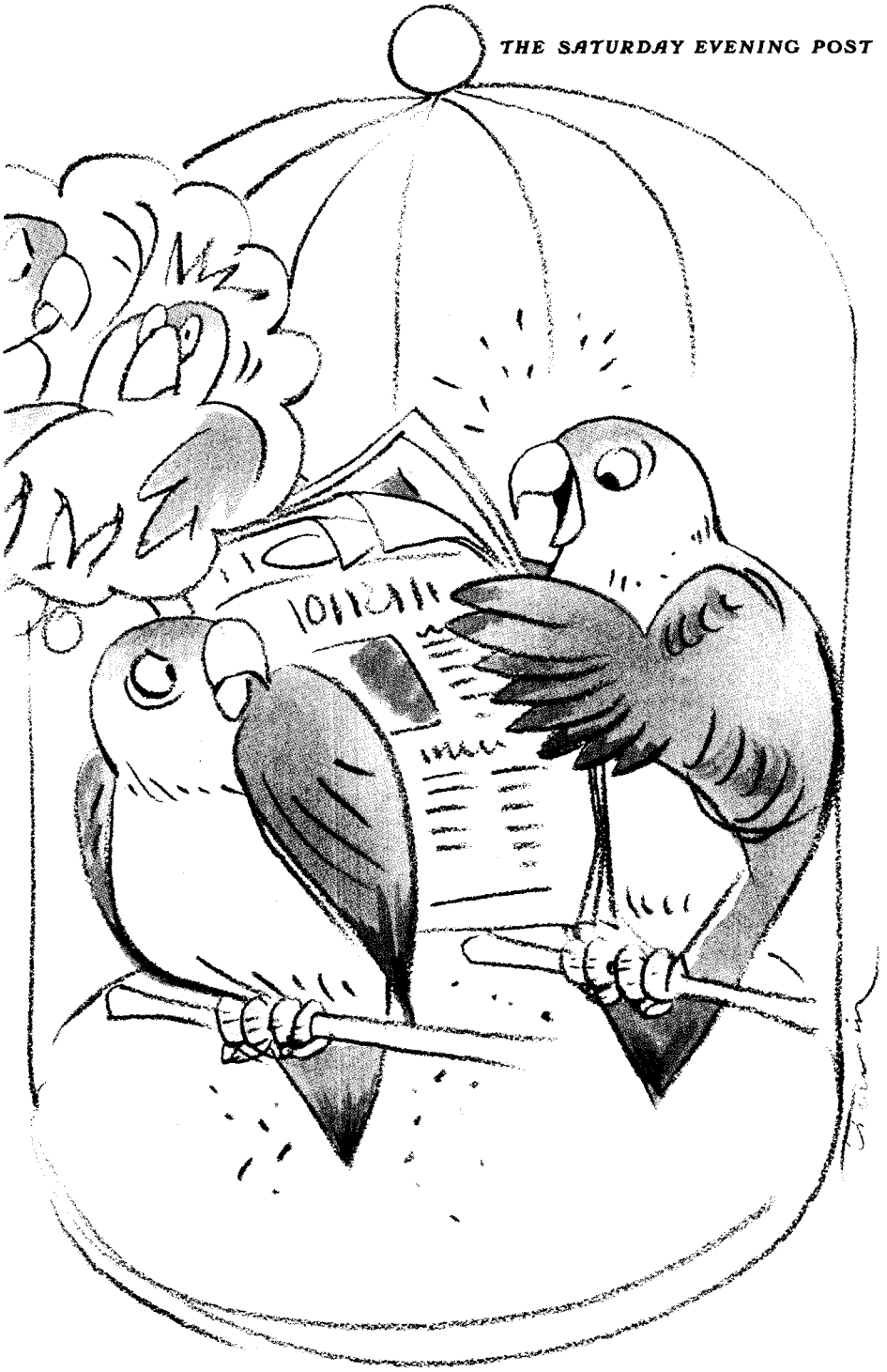

began—"

"Give me a break," I snarled. "I've read Dear Abby three times."

"On Mother's Day, the fire raged near the Riesgrafs' cabin."

"Look," I shouted, "I don't care if the dog came home in a cab. Don't read to me!"

When he wasn't reading aloud to me, he was ripping stories out of the paper and taping them to my mirror or hanging them on the refrigerator.

We stayed together for other reasons—not the least being the comfort zone. The small, dark corners of our moods, likes, and dislikes had been illuminated, and there were few surprises.

We had staked out our territories. He had his "parking spot" in the garage. He occupied the same chair at the dinner table, slept on the same side of the bed no matter where we were, and in church we sat in the same section every Sunday.

At age 57, we tended to "hang out" with people who had lived through our war, had our same morality, and got tired at the same hour we did.

The idea of turning back the clock, which had once seemed so exciting and attractive to us, had now turned into a practical approach.

A lot of my friends were paying for new noses and sleeping with surprised looks on their faces from lifts that were pulled tighter than a marine's bedsheet.

I told my friend one day, "Look, I've been thinking over this cosmetic surgery and to tell you the truth, I'm not all that convinced it would be in my best interest."

"Why not?" she said.

"Okay, just suppose I decided to buy a face-lift on credit. It would cost about $4,000, and my monthly payments would run $92.

"With the payments on the house, the car, and the VCR, I'd spend so much time worrying about how to make ends meet, it wouldn't be long until my eyes hung in swags like theater curtains."

"I hear you," she said.

"Now, I have the eyes done for $2,000. The monthly payment on them would run about $74.

"So I'm going to work early and staying late . . . hunched over my typewriter and eventually, my chest begins to sag and someone suggests implants."

"I'm ahead of you," she said.

"Right. My new chest would cost $2,700, and my monthly payments would run about $69. By this time, I could never leave my desk. I'd have to exercise in order to have liposuction. Now I've got plastic surgery bills that total $11,700 and monthly payments of $319. The more I worry, the more wrinkles return and the body falls like a stone."

"So what are you going to do?" she asked.

"For the moment, lie on my back with my head hung over the side of the bed. It's a moment."

Bill and I were looking at age 60 . . . the age of our grandparents, for God's sake. The age when they supposedly had no body, little mind, and couldn't afford the luxury of buying green bananas.

I passed the lovebirds' cages one day, and the male had untwisted the wire that held the door shut with his beak, tapped at it until he could thread his body through it, and escaped. To freedom? Not exactly. He had flown over to the cage of the female, where they pecked lovingly at one another through the bars.

Some would call it love. I knew in my heart he just wanted back in to read the newspaper at the bottom of the cage out loud to her. ❧

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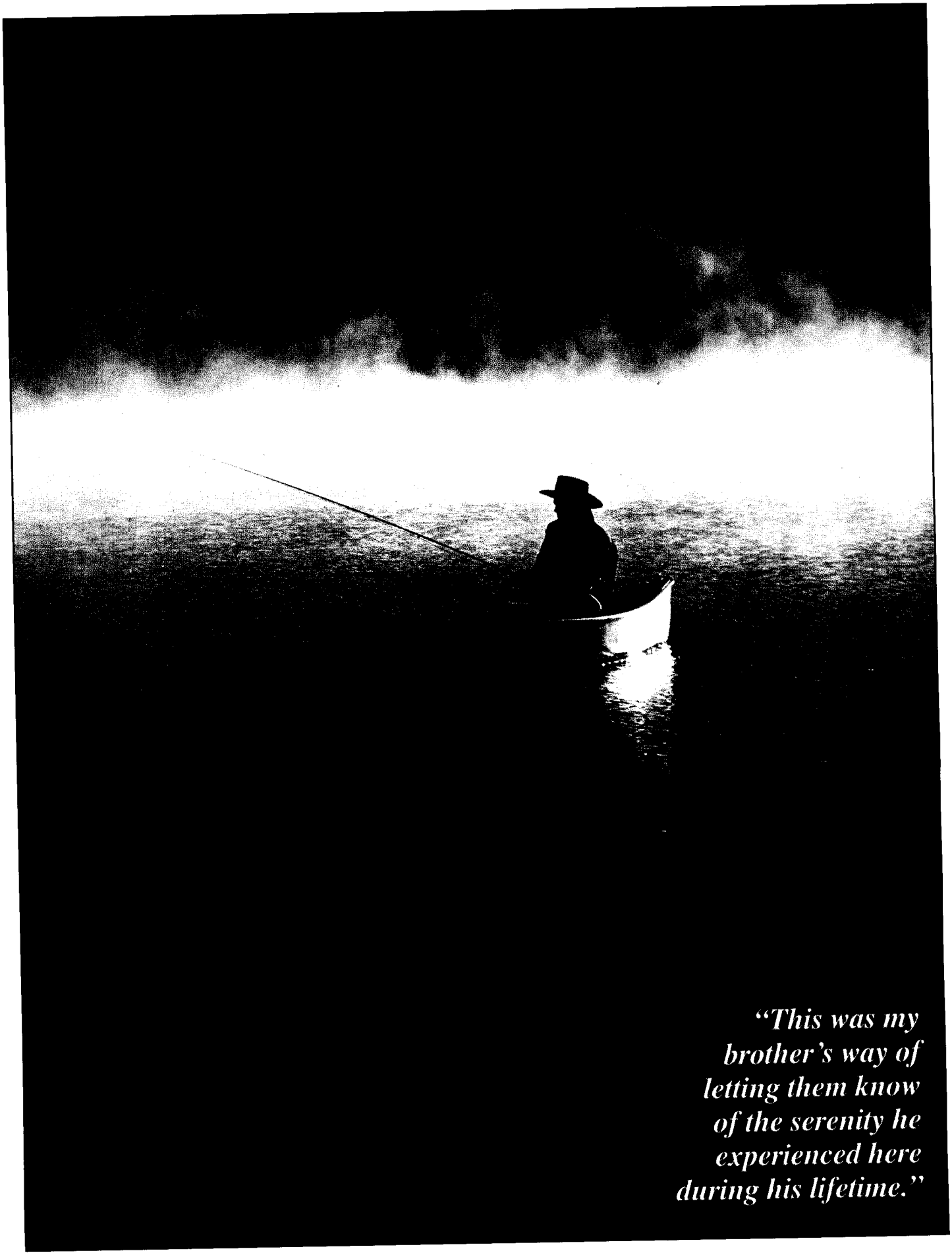

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ASHES TO ASHES

The number of people choosing cremation has increased significantly during the past few years, as Americans rethink the notion of what constitutes a loving final memorial.

by Joanne Leonard

"As to the resurrection, that must be accomplished by a miracle, and it is easy to the Being who has it in His power to perform such a miracle to form again the ashes of the dead."

When Napoleon said that in 1816, he was discounting the fear of some in his day that once a body was cremated, one could pretty much forget about it ever rising from the dead.

In years past, cremation has been associated with some serious issues, ecclesiastical and otherwise. There were those—the early persecutors of the Christians, for example—who used it as a kind of final insult, to mock their victims' expectations of a life beyond death. And the crematoriums of the Nazi death camps obviously assisted in the terrible goal of absolute destruction, not only in fact but also in memory, of the condemned.

So it is that for large groups of people, acceptance of cremation as an alternative to burial has been slow, even while for many others (notably, practitioners of the Hindu religion) it has represented a desirable and necessary ritual designed to speed the soul on its final journey.

But time and new issues (such as concern over land use) are having their effect, and notions of what constitutes a loving final memorial are becoming more flexible.

Jack Springer, executive director of the Cremation Association of North America (CANA), agrees that acceptance of cremation is growing. According to CANA's figures, cremation accounted for 18½ percent of all final arrangements made in 1992, compared with only 4½ percent in 1991. Springer predicts that the figure will reach 34 percent by 2010.

A few states already are way beyond that point: For the past couple of years in California, more than 40 percent of all deaths have been followed by cremation, and Nevada passed 60 percent in 1991.

In some areas of the country, cremation societies are flourishing. Probably the best known is the Neptune Society, founded in California in the '70s primarily to assist families in making what then was an unpopular choice and to provide them with a lower-cost alternative to an expensive ground burial.

According to CANA's figures, cremation accounted for 18½ percent of all final arrangements made in 1992, compared with only 4½ percent in 1991.

Since that time, the society has taken on more of the attributes of a business; it operates as a number of separate franchises, many of which have their own crematoriums.

Cost is an undeniable factor in the expanding popularity of cremation. In Washington, the price of the most basic package, called a direct cremation, averages between $575 and $775. That includes removal of the body, preparation of the death certificate, cremation, and return of the

My Brother's Ashes

Having experienced the burial of both parents, two sisters, and a brother with a traditional Roman Catholic funeral, I was faced with a new idea of burial for the last family member. After my brother had chosen cremation, I was faced with adjusting my traditional, comforting way of dealing with death and burial.

At first, the thought of cremation, which had never occurred to me, seemed so abrupt and final. I was consoled by the fact that the Church approved this method. However, even though we had the usual wake and Mass at the mortuary, there was no sense of finality as I left. Also, the idea of burning the body to ashes was torturing my innermost being.

My brother's daughter spared me the details until after the fact. What she then shared with me helped me accept the notion of cremation and brought peace to my heart and soul.

My brother requested cremation to make sure there would be enough insurance money to cover funeral expenses. When we were trying to prepare him for his terminal illness, he surprised us by having all the plans made and his obituary written.

He told his daughter that he wanted his remains cremated and scattered in the Ohio River to be with the catfish by the twin bridges connecting Evansville, Indiana, and Henderson, Kentucky. This was one of his favorite fishing spots.

My niece's description of fulfilling his last wishes has changed my opinion about cremation. Two boats with six family members and friends went to his old fishing spot. What started as an emotional boat ride into a quiet sunset with gentle, calm waters enabled everyone to experience tranquillity, calmness, and peace. Everyone felt that this was my brother's way of letting them know of the serenity he experienced here during his lifetime. The urn containing his ashes sought safety in the deepest part of the Ohio River, where his favorite catfish went for their refuge. Now, the thought of cremating a loved one's remains seems more acceptable than the thought of those remains slowly returning to dust and ashes in the traditional coffin.

—Betty Jean Hutt

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remains in an urn to the family. Such an arrangement can be financially appealing when funeral costs for the nation as a whole (cemetery plot not included) average between $3,000 and $4,000.

The very simplicity that is a virtue to some leads others to view cremation as somewhat cold and emotionless. One woman speaks of a family's painful decision to ignore their mother's expressed wish for cremation, because they didn't want to be denied the consolation of a viewing following her sudden death.

In fact, cremation does not preclude the possibility of a dignified memorialization, including a viewing—or even a religious service.

Many funeral directors make rental caskets available for this purpose and will work with the family to arrange a service they would like, either before or after cremation takes place. The Catholic church permits a funeral rite with the body present even though cremation is planned, and also a Mass for the deceased with the body absent. It does not, however—at least within the United States—allow the cremated remains to be a part of the service.

Because of the obvious finality of cremation, survivors want to be assured that every precaution is taken to guard against the misidentification of remains. For this reason, some states specify detailed requirements for the identification of a body prior to cremation. Reputable funeral homes and crematoriums scrupulously abide by these rules.

In simpler times, adjacent plots for husbands and wives were common and routinely provided for. Now, with partner shifts occurring more frequently and later in life, a surviving spouse may be left out in the cold. For these people, cremation with the remains placed in the other's grave can be a solution. This is akin to, but somewhat easier to arrange than, the practice known as double-depth interment, or using the same plot for two burials, one below the other.

A wide range of attractive urns are now available, which can either be interred or placed in a columbarium.

Considerable latitude is available to families when it comes to disposal of cremation remains, or cremains, as they are known in the industry. (Although commonly referred to as ashes, cremains—which contain a good proportion of pulverized bone fragments—actually are much more substantial than ashes.)

There is the matter of a container. Urns are available, but not required. "People might bring in a favorite Oriental vase," says Bart Yates, a director at the Lee Funeral Home in Clinton, Maryland. "We would just recommend a certain size. Then we would either leave it open for scattering or, once we make sure that's what they want, seal it up permanently."

Sealed urns or other containers can be interred, subject to a cemetery's size requirements, or placed in one of the niches of a columbarium, which is a special structure built to house cremation remains. (The name derives from the similarity in appearance between the rows of niches and the nesting places of doves.)

Scattering can be done wherever the heart found its home, and in that lies its appeal. Many people specify a beloved location; others are drawn to the romance and symbolism of water. Funeral homes generally will help clients with either choice. And for those so inclined, the Central California Neptune Society offers the option of a private boat accommodating up to 20 people, complete with captain, flowers, and hors d'oeuvres for a private scattering at sea.

State-by-State Cremation Rate

	1991	1992		1991	1992
Alabama	3.2%	3.2%	Missouri	9.0%	12.4%
Alaska	40.9	40.5	Montana	37.7	38.7
Arizona	35.3	42.5	Nebraska	8.3	9.9
Arkansas	8.4	8.5	Nevada	60.1	52.4
California	40.4	43.2	New Hampshire	26.2	27.1
Colorado	41.6	40.9	New Jersey	21.1	21.9
Connecticut	15.3	17.2	New Mexico	21.4	20.9
Delaware	18.9	15.7	New York	15.0	14.3
Florida	38.8	35.5	North Carolina	8.9	10.4
Georgia	7.0	8.1	Ohio	14.4	15.0
Hawaii	55.4	55.7	Oklahoma	4.8	4.9
Idaho	27.5	29.5	Oregon	38.2	42.3
Illinois	14.7	14.3	Pennsylvania	10.9	12.5
Indiana	7.7	8.7	Rhode Island	16.2	24.5
Iowa	10.0	9.9	South Carolina	6.4	6.7
Kansas	7.9	8.0	South Dakota	7.4	7.5
Kentucky	3.4	3.6	Tennessee	3.8	4.6
Louisiana	5.7	6.4	Texas	8.8	9.0
Maine	24.7	28.3	Utah	10.2	11.6
Maryland	14.1	15.3	Vermont	34.5	35.0
Massachusetts	17.7	18.1	Virginia	12.8	13.2
Michigan	18.5	20.0	Washington	43.3	44.1
Minnesota	17.6	19.0	West Virginia	3.0	3.2
Mississippi	2.1	2.4	Wisconsin	14.1	15.9

No stats available for D.C., N.D., or Wyo.
Source: Cremation Association of North America (12/13/93)

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The Dam Broke

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over a stone retaining wall into a deep and awe-inspiring chasm. "This is Rock Canyon," said Mr. Pike. "At this point, it is deeper than the Washington Monument is high—almost 600 feet. It is about a hundred feet wide and, as you can see, the walls are practically vertical limestone. The entrance to the cave is directly beneath us, under a slight overhang which makes it impossible for us to see it from here."

While Mr. Pike was speaking, I had noticed the steady roar of an Earthworm motor coming from the depths of the canyon.

"You have a tractor working down there?" I asked.

"Yes," he said. "I have an XX9 Earthworm with a bulldozer blade smoothing up a section of the canyon floor to make a parking lot for the hordes of tourists that I expect to visit my cave. This parking lot is just around that first bend in the canyon, so you cannot see it."

"I have been told," I said, "that you are advocating an improved blacktop road in the canyon. In my opinion, this would bring in a great many tourists—which would be a splendid thing for the businessmen of this entire region. However, I have also been told that this very desirable improvement is being opposed in a very unethical manner by a man called McDonald. Incidentally, I think I hear his sound truck right now."

We both listened. From the direction of the downtown section of Rock City, we heard the distant strains of "Stars and Stripes Forever," followed by Mr. McDonald's recorded voice, bellowing his campaign oratory: "Shall we permit this grasping crook to use the taxpayers' money for his own selfish advantage? Are we going to permit this barefaced raid on the public treasury? No! A thousand times no!"

"Is it possible," I said, "that he actually thinks he can get by with such underhanded methods?"

"Unfortunately," said Mr. Pike, "he has so much money and so much influence that he may succeed in blocking this whole road project. And I don't know what to do about it. Hank Harper, your Earthworm dealer here, has weakly suggested that I might back down and try to make a deal with him. But I'll never do that."

"Good for you," I said. "What you should do is force Mr. McDonald to back down."

"How?"

"I think I can help you, Mr. Pike. I have had a lot of experience with disreputable characters like Mr. McDonald. I know just how to handle them. If you will let me represent you, I will go to Mr. McDonald and say, 'Mr. Pike and I have you right where we want you. You have hundreds of thousands of dollars' worth of equipment down in the canyon just below a dam that is rapidly falling apart. The only way you can save your property is to haul it out of there with a big tractor. The only big tractor around here belongs to Mr. Pike—so he can make his own terms, and here they are. If you will shut down that sound truck right away and completely abandon your campaign against his road, he will lend you his tractor.' "

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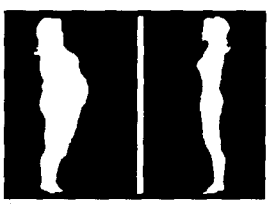

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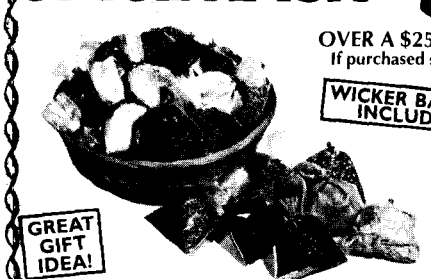

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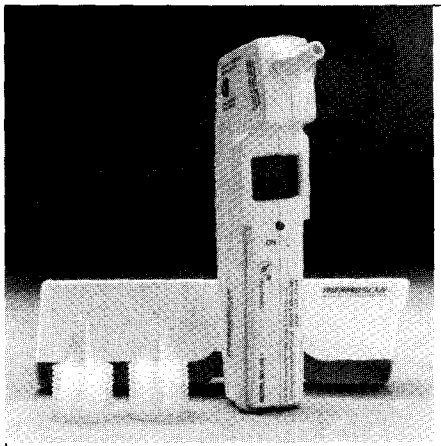

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"But that's almost the same deal that Hank Harper was talking about."

"It's entirely different," I said. "Hank was bargaining from weakness. He wanted you, first of all, to lend your tractor to Mr. McDonald. Then, after he had saved his machinery and you no longer had any power over him, you would make a feeble attempt to appeal to his gratitude, hoping he might give up his campaign against the road. I am going to make the man shut down his sound truck and give up his campaign first. Then and only then do we lend him the tractor."

"The way you tell it, Mr. Botts, it sounds pretty good."

"Incidentally, I said, "if that dam goes out, it would wash away your tractor as well as Mr. McDonald's machinery. So I would advise that you get your machine and your operator out of the canyon right away."

"I'm not worried, Mr. Botts. I don't think that dam will wash out, so I'll risk the tractor."

"And the operator?"

"He could escape into the cave."

"Maybe so," I said. "But in the meantime, do I have your permission to force Mr. McDonald to accept your terms?"

"Certainly, Mr. Botts."

I drove down to Mr. McDonald's office. "Sir," I said, "I bring you good news. Mr. Pike has agreed to lend you his tractor right away, so you can save your valuable equipment. All you have to do is shut down your sound truck and give up your campaign against his road improvements."

"Not a chance," said Mr. McDonald. "I'll wait for that Goliath machine."

I argued; I used persuasion; I even tried to appeal to his better nature, but I got nowhere. Finally I walked out. But I was not licked yet.

Having exhausted all direct methods, I decided to use an indirect, or strategic, approach. I looked up the only radio-and-television shop in town. By this time, it was five in the afternoon,

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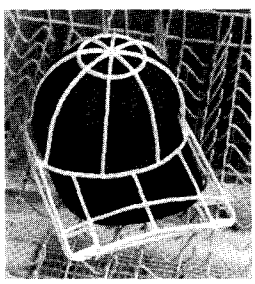

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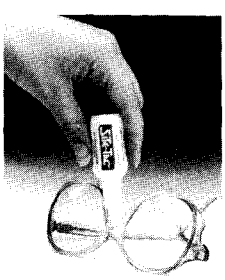

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and the sound truck, which had been bellowing through the streets all day, was now parked in silence in front of the shop. I interviewed the proprietor and found that the truck and sound equipment belonged to him and were rented out to Mr. McDonald on a day-to-day basis.

"Would you rent the stuff to me for a few days?" I asked.

"I'd like to, but as long as Mr. McDonald rented it first, I kind of have to go along with him. Of course, if you wanted to buy it——"

"I do not need the truck," I said. "How much do you want for the sound equipment?"

"Well, it's several years old, but it's in very good shape. How would $500 be?"

"Do you have any other sound equipment that could be used in a truck like this?"

"No, I don't."

"Do you know of any more that could be bought anywhere in town here?"

"No."

"All right," I said, "I will give you $500 for your outfit."

The radio-shop proprietor took the apparatus out of the truck and loaded it into the rear seat of my car. I paid him with traveler's checks. Then I drove back to Mr. Pike's house.

"Sir," I said, "I am happy to report that our bold approach to Mr. McDonald has met with complete success. The poor man thinks that the dam has shifted a little more. He has no flood insurance on any of his equipment. He is so anxious to get hold of a big tractor and move his property out of danger that his former insolent manner has changed to an attitude of abject surrender. The man was as putty in my hands."

"What happened?"

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"That's wonderful! Did you tell Mr. McDonald that he could borrow my tractor?"

"Yes."

continued on page 69

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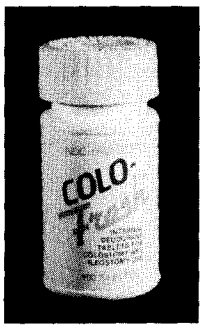

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The Dam Broke

continued from page 67

"But that may not be possible, Mr. Botts. My operator has come down with the flu. He quit this afternoon and drove past the house here to tell me he was going home to bed and was afraid he might be laid up for several days."

"Mr. Pike," I said, "I am sorry your operator is incapacitated, but this need not interfere with our plans. I would not want Mr. McDonald to think we are backing down on our end of the bargain; he might be tempted to back down on his. I will therefore take charge of your tractor tomorrow morning. I will drive it up to Mr. McDonald's pathetic dry oil well. I will haul his equipment up out of the canyon, a job which I think I can finish in three or four hours. By tomorrow evening, I will have your tractor back working on the parking-lot job at the entrance of your cave. You need have no fears. I am one of the best tractor operators in the country. And, as sales manager of the great Earthworm Company, I hereby pledge all the resources of this great organization to make good any and all damage which might occur to your machine while it is in my charge."

"That is very kind of you, Mr. Botts. I accept your offer."

I drove back to the hotel, where I have been spending the evening writing this report. As you can see, Henderson, I have handled this situation with my usual skill. By following the principles which you undoubtedly wanted your ghost writer to set forth in that pamphlet, I have caused each of these quarrelsome customers to think that I am on his side. And I have accomplished this happy result, not by resorting to falsehoods or fraud, but merely by slanting the truth so as to make each of these people think he is coming out on top. In the end, of course, each of them actually will come out on top. Mr. Pike will be free—at least for a while—from the annoying uproar of that sound truck. Mr. McDonald will have his equipment moved to a place of safety by an Earthworm tractor. And, most important of all, he will buy Earthworm machinery from now on, thus acquiring a superior line of equipment and providing Hank Harper, our dealer, with a very nice addition to his business. This also means more business for the Earthworm Company.

I am sure you will agree that all of these advantages more than make up for the somewhat exorbitant price I was forced to pay for the sound equipment, and I would appreciate it if you would tell our comptroller that he is to forget his annoying habit of objecting to expenses which he does not understand, and is to pass without question this $500 item which I am including in my expense account.

It is now almost midnight. I will therefore turn in for some well-deserved rest. And I will send you this report by air mail early in the morning.

Yours,
ALEXANDER BOTTS

P.S. Next morning, Tuesday, January 7, 1958.

Since I wrote you last night, there have been a couple of developments which I can only describe as definitely disturbing. About half past six this morning, while I was still in bed, Mr. McDonald—who seems to be an early riser—called me by telephone. He was so angry as to be

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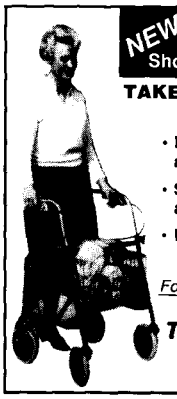

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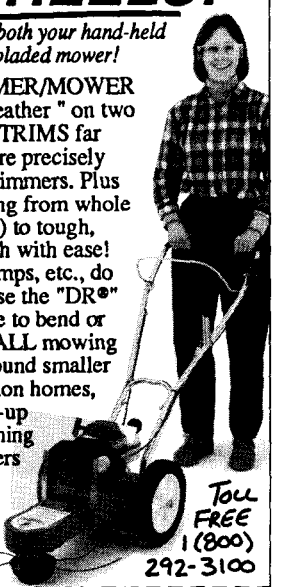

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almost incoherent, but I finally gathered that he had heard from the radio man of my purchase of the sound equipment. And he accused me of making an underhanded attempt to shut down his righteous campaign for the taxpayers, so that I could borrow Mr. Pike's tractor, move his—Mr. McDonald's—equipment out of the canyon, and thus sufficiently ingratiate myself with him so that I could sell him a lot of Earthworm equipment. He went on to say he was through with me and with the Earthworm Company forever, and that he had just telephoned to a radio dealer in a town 20 miles away and arranged to have a new sound truck operating almost at once—even if he had to start out by riding around in the truck himself, broadcasting his speeches live. He then hung up.

As I could not, at the moment, think of any good answer to his tirade, I refrained from calling Mr. McDonald back. I got dressed. At about 8:00, as I was enjoying a hearty breakfast, I heard a sound truck going by in the street, blatting forth a statement that "the Pike conspiracy to rob the public treasury has now conspired with the Earthworm Tractor Company in an attempt to silence all criticism. But the forces of righteousness must and shall prevail!"

Almost at once I had a telephone call from Mr. Pike. He said, "I thought you told me that Mr. McDonald was going to shut down his sound truck."

"Obviously," I said, "the man has double-crossed us."

"Then I won't lend him my tractor."

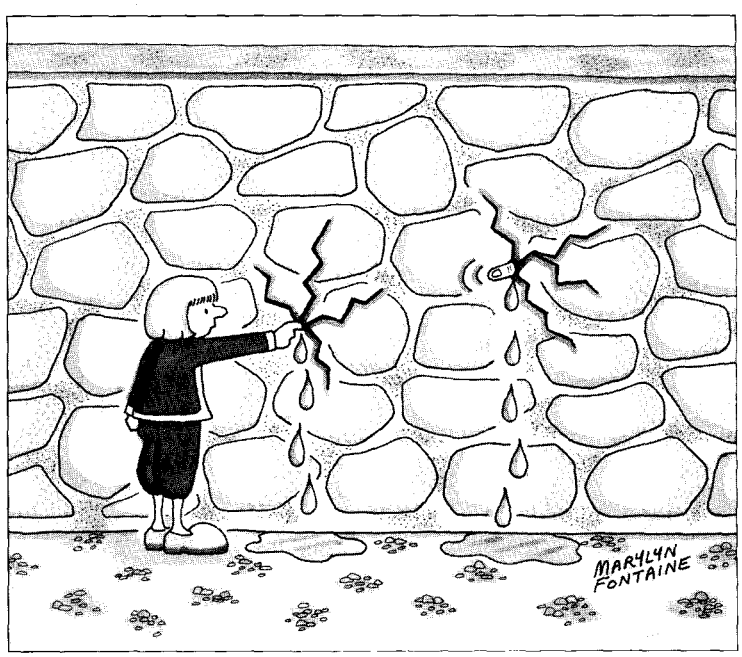
"And you are quite right, Mr. Pike. Believe me, sir, I am as disappointed about this as you are. We'll just have to figure out some other way to shut him up. In the meantime, as long as your operator is laid up with the flu, I will be very glad to operate your tractor for you and continue the work of grading your parking lot."

"I don't know that I quite trust you, Mr. Botts. After all, you deceived me. You told me Mr. McDonald was going to shut down his sound truck."

"I was deceived as badly as you, Mr. Pike. But, even so, I feel guilty for having unintentionally misled you. It is for this reason that I want to do everything possible to make up for my fault."

"All right, Mr. Botts. If you will come over here to the house, I will drive you down into the canyon. And I will stay with you all day to make sure you get along all right."

"OK," I said and hung up. Since then I have put in ten or 15 minutes writing this brief postscript to my report.



As you can well understand, Henderson, the difficult situation this morning, although it is in no way my fault, has me somewhat nonplused. If I were the kind of man who gets discouraged easily, I would, at this point, almost be discouraged. I do not have the faintest idea how I am going to get out of this mess. So I will merely continue my plan of cooperating with Mr. Pike in the hope that I can find some new method of persuading him to let me use his tractor to help Mr. McDonald.

I will now mail this report and proceed as planned to the house of Mr. Pike.

Hastily,
A. Botts

Earthworm Tractor Company
Earthworm City, Illinois
Office of the President

Wednesday, January 8, 1958

Dear Botts: I feel that your so-called "defense" of my pamphlet is most unfortunate. Please tell Mr. Henry Harper that I wrote that pamphlet myself, and I am at a loss to know where you got the idea that I use a ghost writer, or that I resemble in any way the justices of the United States Supreme Court.

From your own account, I gather that your purchase of the sound equipment has been worse than useless. Such being the case, I am instructing our comptroller to disapprove your $500 expense item. Furthermore, the Earthworm Company can assume no responsibility for any damage which may occur to Mr. Pike's tractor while in your charge.

As I have often told you in the past, your job as sales manager is to coordinate and advise—not to rush out in the field and take charge of operations. In the present situation, you have succeeded only in antagonizing a very important customer, Mr. McDonald. And you have quite obviously failed to impress Mr. Pike with your offer to work as an ordinary tractor operator.

I would suggest, therefore, that before you get into any more trouble, you turn everything back to Hank Harper and return to your more normal activities as sales manager.

Very truly,
Gilbert Henderson
President

TELEGRAM

ROCK CITY, TEX.
JAN. 8, 1958
6 PM

GILBERT HENDERSON
EARTHWORM TRACTOR CO.
EARTHWORM CITY, ILL.
ROCK RIVER DAM WENT OUT LATE THIS AFTERNOON. RESULTING FLOOD WASHED AWAY MCDONALD DRILL RIG AND PIKE TRACTOR. PIKE REPORTS HE HEARD BOTTS OPERATING TRACTOR RIGHT UP TO MOMENT WHEN TREMENDOUS WALL OF WATER CAME

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RUSHING DOWN CANYON AND OVERWHELMED HIM. BOTTS OBVIOUSLY HAD NO CHANCE TO ESCAPE INTO CAVE, SO MUST BE PRESUMED LOST. ALL HERE SEND REGRETS AND SYMPATHY.

HENRY HARPER

TELEGRAM
EARTHWORM CITY, ILL.
JAN. 9, 1958
9 AM

HENRY HARPER
ROCK CITY, TEX.
ORGANIZE RESCUE PARTIES AT ONCE TO EXPLORE CAVE. TAKE ANY OTHER MEASURES WHICH GIVE EVEN SLIGHTEST PROMISE OF FINDING BOTTS ALIVE. SPARE NO EXPENSE.
GILBERT HENDERSON

TELEGRAM
ROCK CITY, TEX.
JAN. 9, 1958
11 AM

GILBERT HENDERSON
EARTHWORM TRACTOR CO.
EARTHWORM CITY, ILL.
DISREGARD FORMER WIRE. BOTTS OK.
HENRY HARPER

Rock City, Texas
Friday evening, January 10, 1958

Dear Henderson: I am sorry that you were misled by Hank Harper's alarmist telegram, but I am pleased that you think enough of me to promote all-out rescue operations. And I particularly appreciate your expression "Spare no expense."

It will no doubt interest you to know that, in spite of Hank's telegram, I was never in any trouble at all. On Tuesday morning, after mailing my report to you, I called on Mr. Pike. He drove me down into the canyon, where I spent the day grading his parking lot with his tractor. Mr. Pike, who seems to have a very suspicious nature, stayed around the whole day, watching me. For some reason he just did not seem to trust me. But, by the end of the afternoon, he had apparently decided I was on the level. And, after we had driven back to his house, he told me he would not go with me the following day.

"However," he said. "I will be listening at the top of the canyon to the noise of that tractor. If you try any funny business, I will know about it."

At this point, I had a very definite feeling that he was afraid I might want to borrow the tractor to drive

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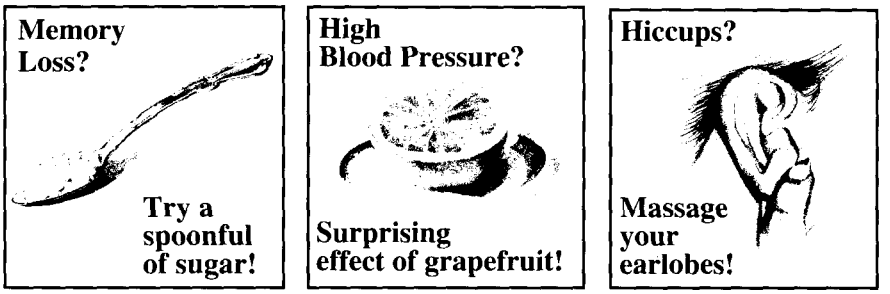

"1,001 Home Health Remedies"

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today the release of a new 544 page book for the general public, *"1,001 Home Health Remedies."*

- Enjoy a stalk of this crunchy salad vegetable and you may help lower your blood pressure. This old Oriental remedy still works!
- Did you hear about the "health-farm diet" for arthritis? Folks who tried it got real relief from pain and lost weight, too!
- Sweet, small fruit that helps lower dangerous LDL cholesterol in just four weeks.
- Do you have stiff, achy joints? The good news is it might not be arthritis, but a common virus your doctor can treat!
- Backache? When bed rest can cause, not cure, it.
- A vitamin that may help ward off heart attacks! From research by the World Health Organization.
- Good news! Aspirin for arthritis is just as good as ibuprofen.
- Some asthma drugs do more harm than good; their names are in the book!
- Enjoying this tasty and popular nut can help cut your cholesterol by 20 points without medication! Documented at a cardiac research center in California.
- Do you suffer from lower back pain? You could be unloading your dishwasher the wrong way. Here's the right way.
- Help prevent cold sores on your lip with this common over-the-counter drug store item.
- Depression is not "all in your head!" Sometimes it's a gland problem that can be treated.
- Did you know headaches come in seven different forms? You will after you see the book of *"1,001 Home Health Remedies."* And there's a different home remedy for each of the seven!
- Discover the 16 ways to get rid of insomnia and get a good night's sleep – without taking sleeping pills.
- Senility from your kitchen? These six tips can help you avoid ingesting this metal through your food and water.
- Want to lose weight fast? Don't forget to eat this! It "can play a major role in weight loss," nutritionists have found.
- Can one simple mineral double your chances of surviving a heart attack? Maybe yes, doctors say – and it could save thousands of lives each year!
- Hemorrhoid relief – without embarrassing doctor visits, without surgery, without smelly drug store preparations.
- Women who take this vitamin supplement have 36 percent lower risk of heart attack. This is from a study reported by a major health organization.
- 12 easy ways to hang up on heartburn.
- Do you sometimes feel short of breath? Many people do. A new report in the British Medical Journal says you'll breathe much easier by doing this easy exercise with an ordinary balloon!
- This dietary supplement boosts the immunity of elderly adults.
- How to control embarrassing bladder leaks. From this university medical center.
- Researchers tried a certain mineral on patients with Chronic Fatigue Syndrome. The results? These tired patients reported improved energy levels, a better emotional state and less pain!
- There's a new report on "water pills;" check the book to make sure your current dose is still right for you.
- Pesky cough? If you have high blood pressure, your cough could be caused by medicine!
- Sounds crazy, but it's true. Researchers found that men and women who eat more than three meals a day have lower cholesterol than those who eat fewer than three meals a day.
- Constipation? The best natural home remedies.
- Special news for diabetics: How to lose weight, prevent gum disease, ease foot problems, even take insulin without needles!
- Why shy people are more likely to have nagging allergies.
- Allergy relief without antihistamines' side effects.
- Ringing in the ears. An easy home remedy is available at any drug store without a prescription!
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- Learn how to help a wound heal fast with ordinary table sugar.

Learn all these natural healing secrets. Book includes over 1,001 ways to perfect health. To order a copy, just return this notice with your name and address and a check for $7.99 plus $2.00 shipping and handling to our address: **FC&A, Dept. GSE-3**, 103 Clover Green, Peachtree City, GA 30269. We will send you a copy of ***"1,001 Home Health Remedies"*** right away.

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up and help out Mr. McDonald. And, by a strange coincidence, that is exactly what I had in mind. I also had a plan for allaying Mr. Pike's suspicions. After leaving him, I called on the radio man from whom I had bought the sound equipment. I arranged for him to help me.

The next morning we both drove down into the canyon. We unloaded the sound equipment and, while I operated the tractor from eight until noon, he made a four-hour tape recording of the sound of the exhaust. I then drove the tractor up the canyon. The radio man, after setting up his machine at the site to play back the recording, followed in the company car.

When I arrived at Mr. McDonald's drill rig, I found that the new Goliath tractor had not yet showed up, so I got to work.

It took me only about two hours to move Mr. McDonald's drill rig, the two Goliath tractors, and the miscellaneous equipment up out of the canyon. All the time I was working, the dam seemed to be cracking and crumbling. And finally, at about four o'clock in the afternoon, the whole thing let go all at once, and a stupendous wall of water went roaring down the canyon.

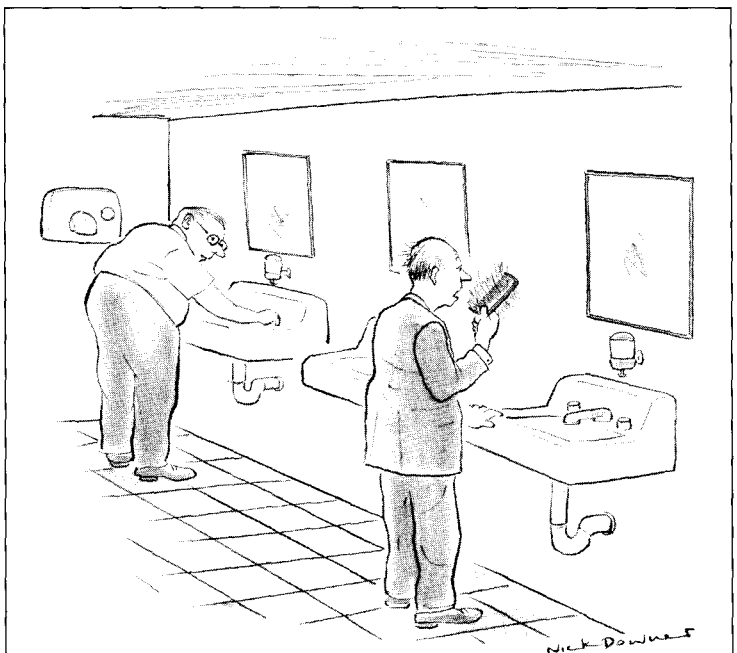
When I got back to town, I was so tired that I merely paused to eat a hearty dinner before going to bed. It was not until the next day that I saw the various people concerned.

I am happy to report that Mr. McDonald is so pleased at the way I saved his valuable equipment that he is heeding my request and giving up his campaign against Mr. Pike. Also he is placing a large order for Earthworm machinery. Mr. Pike is so pleased at the way I saved his tractor and persuaded Mr. McDonald to lay off that he has forgiven me the slight deception I practiced on him. And Hank Harper, slowly recovering from the flu, is very happy about Mr. McDonald's big order.

Both customers, instead of being wrong, are now completely right—thus lending an air of plausibility to your pamphlet. So I feel that you should be happy enough to carry out your "Spare no expense" philosophy by telling the comptroller to allow my $500 item for the sound equipment that perished in the flood while carrying out such a useful mission.

And, finally, one of the happiest people around here at present is your highly competent sales manager,

ALEXANDER BOTTS ★



"I'm having a really bad hair day."

Saving Your Skin

continued from page 32

oatmeal into a piece of cotton cloth. Boil it just as you would cook oatmeal. Then use this "oatmeal sponge" while you bathe in a tub half-full of lukewarm water. To prepare a starch-and-soda bath, add half of one 16-oz. box of laundry starch to a tub half-full of lukewarm water. Mix well and bathe without using soap.

Clothing can aggravate skin discomfort by making it hot or itchy. Cotton clothing is preferable. Many man-made fibers (e.g., polyester) do not allow the skin to breathe. A wool sweater may keep you warm, but it may also send you into a scratching frenzy. Cotton bedding may ease bedtime discomfort.

Doctors also recommend keeping your home cool and humidified. Adjust your humidifier just short of the point where water condenses on the windows. Bear in mind that home humidifiers are only minimally effective. Often, they can raise the relative humidity to 50 percent, which may not be enough to alleviate the dryness. Furthermore, humidifiers not designed to prevent fungal growth, or ones that are improperly maintained, can spew harmful organisms into the air.

Perhaps the best advice doctors can give for dry skin is to use trial and error. Good skin care is a personal matter. Take away the dryness, cracking, or itching, and the only thing you may notice about the largest organ in your body is how great it looks.

—Mark Smith

Shelley Fabares

continued from page 37

there was nothing to do but hold her."

Amazingly, all this trauma happened just as Fabares met and married Farrell, "M*A*S*H" 's Captain B.J. Hunnicut, in 1984. Striking up a romance after a reintroduction at a CBS affiliates' convention (Farrell had just returned from a trip to a Central American refugee camp and invited Fabares for coffee and a look at his photos), the couple wed in the back garden of her aunt, veteran actress Nanette Fabray. Almost immediately, the dark days began. And she credits Farrell not only with limitless love, support, and kindness, but with near-saintlike patience as well.

"My husband has been monumentally heroic," she says firmly. "When all this started to happen, I'd remind him how we'd say what a great life we were going to have together, because we just have so much fun together. And I spent the first eight years of my marriage just sobbing. Literally.

"And through it all, he's been heroic. He's been there not only for me, but for her, and he never even knew her. When Donna (Reed, Fabares' TV mom on "The Donna Reed Show" and her "best, most intimate girlfriend," who died of pancreatic cancer in 1986) fell ill, we had gotten married, and I literally lived at that hospital. I was mentally and physically checked out. And when I did come home, I'd

continued on page 87

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Sit On Grandpa's Knee As He Tells You How It Used To Be...

"We would play ball and use a pick handle for a bat. One time we bought a cheap ball for 10¢. After you hit it a couple of times the cover would fly off. Then the string would unwind. It would trail string as you hit it and it would get lopsided. It was a cheap thing." . . .

Emily Thacker's newest — *"The Nostalgia Book"* is chuck full of remembrances that will make you laugh and perhaps remember some stories of your own!

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Over and over again contributors to this book said, "we didn't have any money, but . . . " and then they would describe how they got by. They played checkers, listened to the Grand Ole Opry on the radio, spent evenings on their porches, and did what Americans always do — they went on with life and did the best they could!

"Sometimes people would go out at night and steal from each other's gardens, the son of a guns. There was no way to stop it. They never cleaned us out but maybe we would leave a tomato there that was ripe to get a little bigger and the next day it would be gone." . . .

The old times, good and bad, are not forgotten. They live in the hearts of all who remember them. The 304 page book by natural remedies author, Emily Thacker, is full of recipes, photos

and heartwarming stories, *just like what you heard on Grandpa's Knee.*

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- Ease arthritis
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Order your copy of "The Vinegar Book" TODAY. All you have to do is write the word "Vinegar" along with your name and address on a plain piece of paper. Mail it along with your remittance of only $12.95 plus $2 postage & handling payable to: The Vinegar Book, 718 - 12th St. N.W., Dept. F491, Canton, Ohio 44703. Order an extra copy for family and friends and SAVE. You can order 2 for only $20 postpaid!

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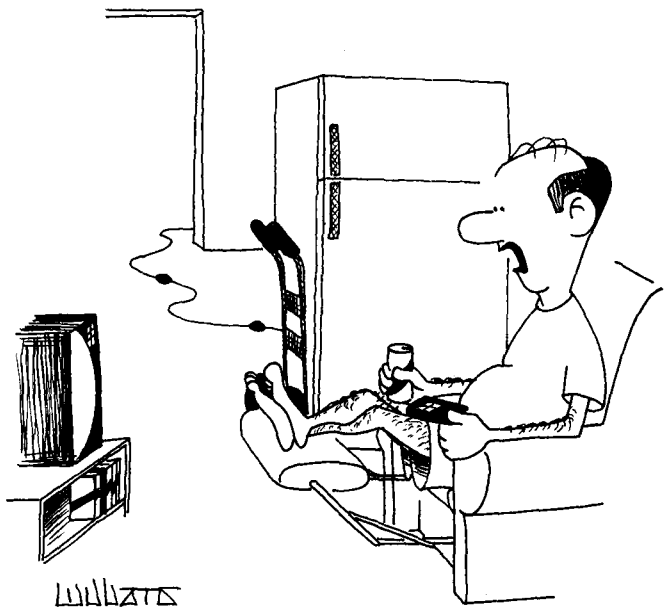
"When these things grow up, we're in real trouble."

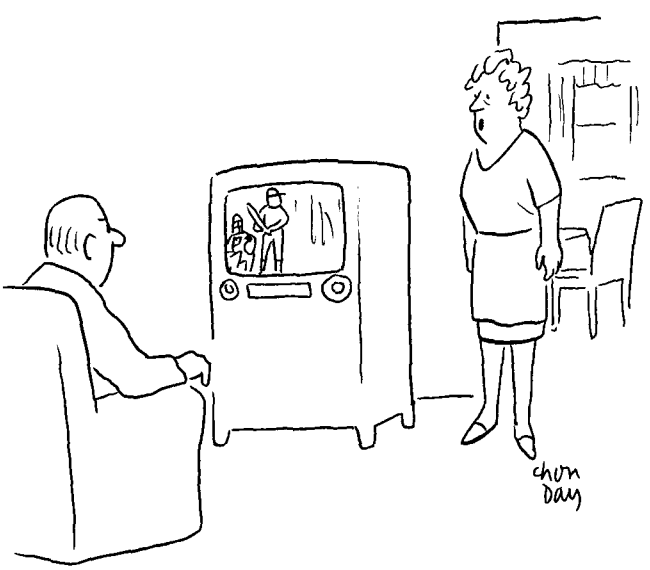


"Thanks, honey."

DINING DILEMMAS

"Donald's in the kitchen clogging his arteries."

"You know, it should be illegal to sell certain things at the bulk food stores."



"Oh dear, you're watching baseball . . . I timed dinner for hockey."

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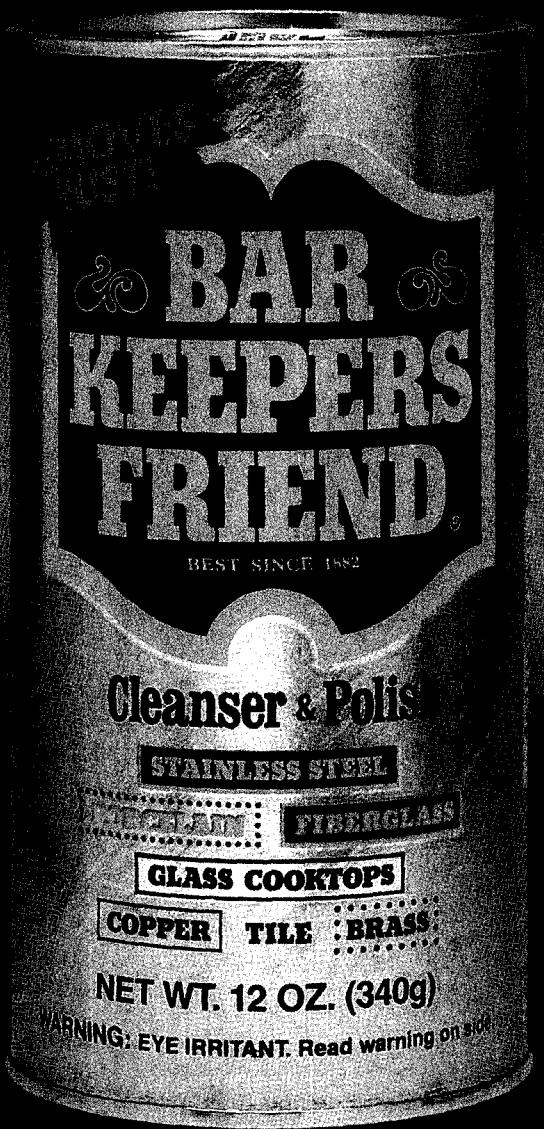

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S'NO WONDER

Home of the greatest snow on earth (last year's count: 600 inches), Park City, Utah, is a former ghost town that's back on the map as a four-seasons resort.

by Holly Miller

Despite its emphasis on youth, Park City, Utah, has a soft spot for seniors. Not all athletes who bike up the bluffs or schuss down the slopes are blond, tanned, and named Tiffany or Todd. A growing number of retirees, lured by the cool climate and promise of great golf, relocate for the warm months and stay to sample the snow. Last year, more than a thousand retirees from Arizona caused the local population to swell—permanent residents number only 6,500—when they traveled north for the summer. Many opted to stay.

To encourage seniors to experience what Parkites call "the greatest snow on earth," a local ski area offers a special "It's Never Too Late" program. The name summarizes the city's philosophy on fitness. "You don't have to be young or athletic to become a good skier," explains Jackson Wells, director of senior services at Park City Ski School. "If you're in reasonably good condition and at least able to walk briskly, you're ready to start learning the basics." And he ought to know. A retired real-estate executive, Wells pioneered the program after getting involved in ski school five years ago. His enthusiasm has convinced many latter-day skiers of his belief that "chronological age is no barrier to learning."

Neither is distance. At a time when fax machines and air travel allow executives to live where they want and commute when they must, Park City is becoming a bedroom community for urban areas across the country. Houses sell within hours to newcomers bent on skiing in the winter and hiking, biking, golfing, and ballooning in the off-season. On the surface, the area's attraction seems to be its comtemporary lifestyle, its focus on fitness, and its residents' passionate concern for the environment. However, this is no upstart community conceived on a drawing board and developed according to marketing studies to meet the whims of the '90s. Parkites revere their town's long and colorful history, and much of the area's sunny future is based on its shady past.

Olympic-bound skiers practice all year at the Utah Winter Sports Park, where the 90-meter jump is covered with a porcelain in-run and has a plastic mat landing. The freestyle aerial splash pool provides wet reentry for soaring competitors.

Unlike many Utah towns, Park City wasn't settled by Mormons, and its roots are anything but religious. A booming silver camp whose mines yielded more than $400 million in ore during their heyday, the town earned its fame as an anything-goes kind of place where miners could stumble in as paupers and swagger out as millionaires. Local legend tells of a turn-of-the-century evangelist who was dismayed at the sin he encountered on Main Street (27 saloons and a flourishing red-light district). As he huffed out of town, he delivered this righteous diatribe: "Salt Lake City is the wickedest city in the United States, and Park City is only 40 rods from hell!"

Even Utah's Prohibition days failed to douse Parkites' fondness of a spirits-filled life. One favorite story tells of the town's mortician, George Archer, who would drive his hearse to nearby Evanston, Wyoming, load up on illegal whiskey, pull down the shades, and solemnly head back to his funeral parlor. Local tavern owners would then replenish their supply by visiting Archer's garage in the dark of night.

Life is calmer these days. Newcomers no longer come to make their fortunes and leave; instead, they bring their fortunes with them to enjoy. This is no bargain destination. Hotels, condos, and bed-and-breakfast inns have replaced old boarding houses, and pubs called the Cozy First and the Last Chance Saloon

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have given way to restaurants with cutesy names like the Claimjumper, Grubsteak, Pastabilities, and El Cheepo. Many of the area's 100 shops and boutiques have branches in similar pricey watering holes, such as Aspen, Moab, and Sun Valley. Glitzy nightlife abounds, and almost everyone takes pride in the city's top ten position on *Ski Magazine*'s list of favorite après-ski spots.

Still, the community is friendly, residents know each other well, and as a throwback to the early days, they're willing to pull together to advance their burgeoning town. When the vintage Miners Hospital was restored as a public library a decade ago, more than 700 Parkites formed a human "book brigade" and transferred hundreds of volumes from the old facility to the new, three quarters of a mile away.

More recently, the pitch-in project has been of Olympic proportions. Park City claims a major stake in nearby Salt Lake City's bid to host the 2002 Winter Games. If Utah is selected—the decision will be announced in June of '95—Park City will be the site of the slalom, giant slalom, bobsled, ski jump, and freestyle events. To boost the effort, a $35 million Winter Sports Park opened last summer at Bear Hollow, just three miles outside of Park City. It features year-round training facilities for the

continued on page 82

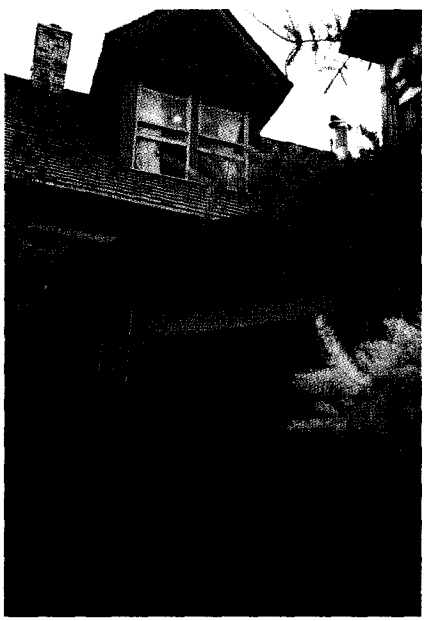
Washington School Inn: A Textbook Case of Hospitality

Whether patrons of Park City's Washington School are assigned to Miss Dunbar's, Miss Evans', or Miss Campbell's room, they are encouraged to sleep soundly in class. The limestone landmark—a public school from 1889 to 1932 and now an upscale inn—is located half a block from the trendy shops of Main Street and a block from the nearest ski lifts.

Although the B&B has earned high praise from A.A.A. and occupies a place on the National Register, its best reviews come from patrons. A guest book by the fireplace gushes endorsements of vistors from Texas, New York, and Georgia. The inn's ambiance once nudged a Japanese guest to scrawl his approval in vertical columns and then to summarize: "Very nice hotel!" A couple from Memphis reverently scribbled the ultimate compliment: "Just like Graceland."

The schoolhouse theme, understated and never contrived, creates a warm link with the past. The belfry is a reminder of former students who were allowed to ring the bell as a reward for good behavior; brass nameplates on guest room doors pay tribute to teachers who brought culture to the bawdy mining town; old photos line the walls and depict the graduating class of 1899, a "certificate of attainment" (diploma), and the familiar likeness of the school's namesake, George himself.

Nevertheless, the old has given way to the new in all matters of comfort. Gone are the coal chutes and sooty basement; in their places are a hot tub, sauna, and wicker lounge chairs. The wood stoves have been replaced by central heat, the library now offers CNN as well as McGuffey readers, and guest



Built in the 1880s for $10,555, sold in the 1930s for $200, and renovated in the 1980s for $1.25 million, Washington School invited all former students to attend its grand opening as a bed-and-breakfast inn. Each "graduate" received a crystal apple.

rooms are furnished with oversized Victorian beds with fluffy comforters and extra pillows.

And cafeteria food never tasted quite this good.

In addition to sumptuous breakfasts of muffins, oven omelets, and potato pancakes with applesauce, healthy snacks are set out on the antique sideboard each afternoon at 3:00. Typical of the light fare are herbal teas, bowls of fresh fruit, wedges of cheese, and raw veggies served with the schoolhouse's own dressing. A compliment to the chef generally prompts not only a "thank you" but also an offer to jot down the recipe from the kitchen file. Among morning and afternoon favorites (modified to *Post* nutritional guidelines) are:

Apple Oven Pancakes
(Makes 8 quarters)

½ cup egg substitute
2½ cups skim milk
½ teaspoon vanilla
2 apples
1 cup flour
1 cup wheat flour
3 teaspoons baking powder
3 teaspoons sugar (if desired)
½ teaspoon cinnamon

Core and thinly slice apples, and toss in lemon juice. Cover and set aside. Separately mix wet ingredients, then dry ingredients. Combine mixtures. Spray each pie plate with noncaloric vegetable-based spray and arrange double layers of sliced apples on bottoms of plates. Cover apples with batter. Bake at 425° 20-25 minutes or until top is firm to the touch and slightly golden. Cool 5 minutes, loosen around edges, and invert pancakes onto warm platters with apple sides up. Serve with your favorite topping.

Cottage Cheese Dip
(Makes about 2½ cups)

2 cups lowfat cottage cheese
4 scallions, chopped
6 radishes, diced
6 tablespoons no-fat mayonnaise
2 teaspoons lite dry ranch dressing mix
¼ teaspoon black pepper
2 tablespoons toasted sesame seeds
½ diced avocado

Combine all ingredients and serve with raw carrots, celery, radishes, broccoli, and cauliflower buds.

—Holly G. Miller

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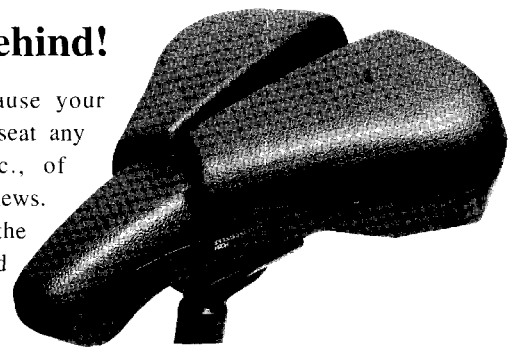

If you've retired your bike because your bottom can't bear the bite of the seat any longer, Hobson Associates, Inc., of Reseda, California, has comforting news. The Biko Adjustable Saddle with the Rabican Horn has two foam injected seat pads on a carbon-fiber frame. The seat pads allow for five self-locking width positions that you can adjust. The saddle fits all bicycles and costs $49.95. To place an order, send payment to:

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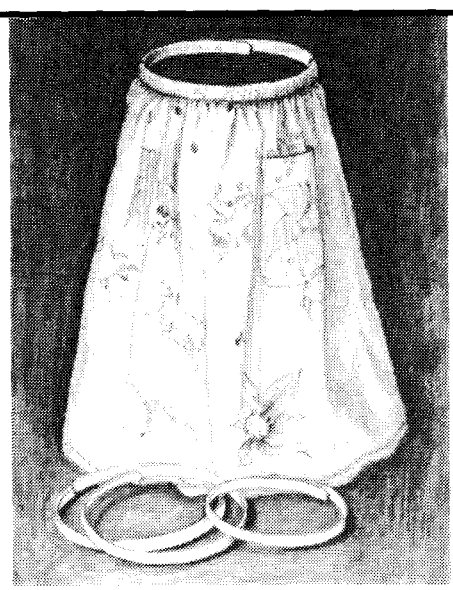

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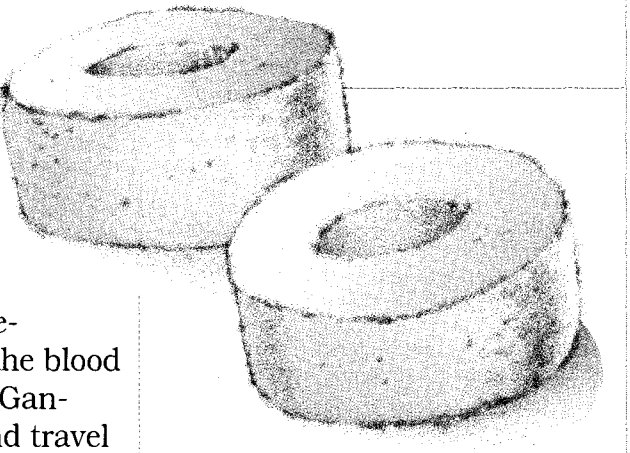

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For information on the items above, circle the appropriate number below, and send your name and address with this coupon to:

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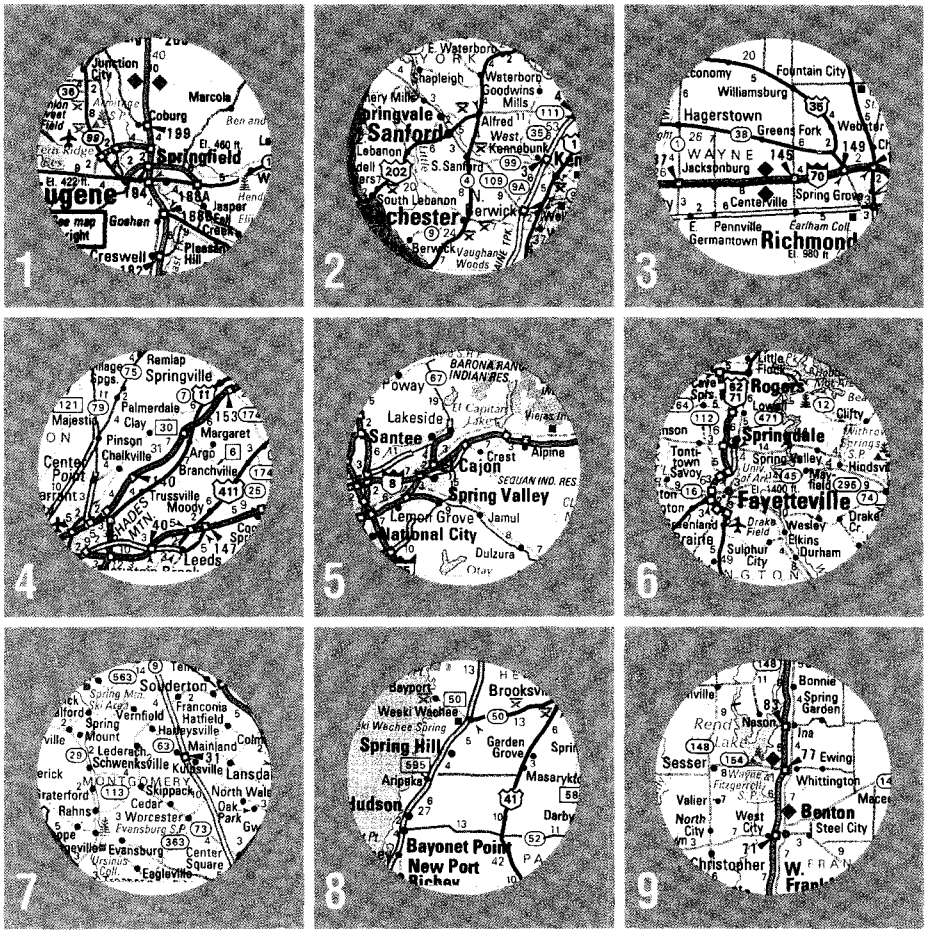
Hurry! This offer expires June 30, 1994 294



Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 95)

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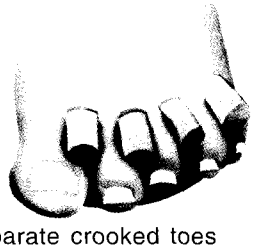

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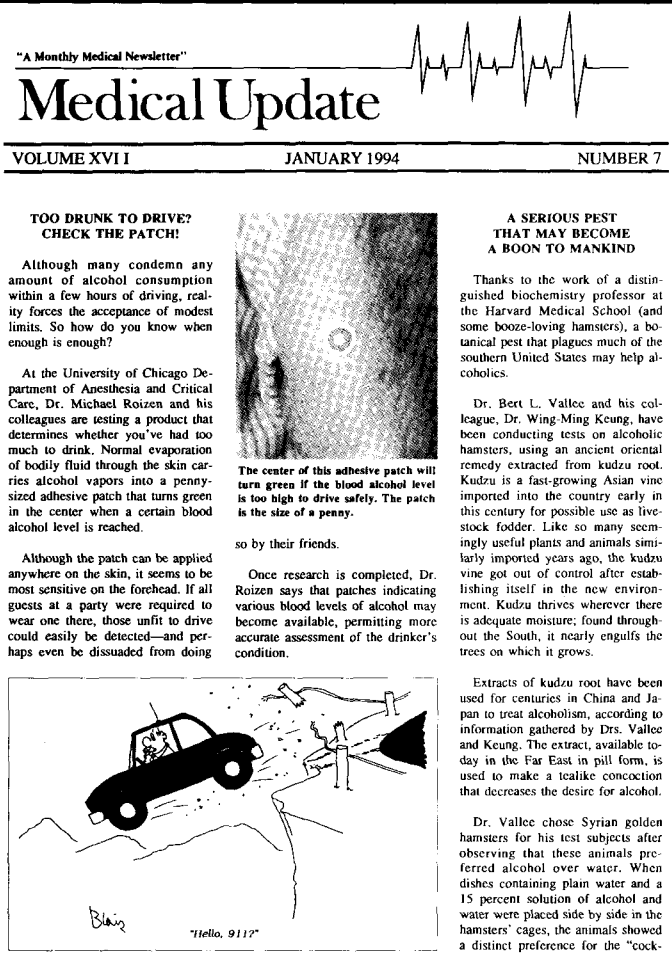

"A Monthly Medical Newsletter"

Medical Update

VOLUME XVI I | JANUARY 1994 | NUMBER 7

TOO DRUNK TO DRIVE? CHECK THE PATCH!

Although many condemn any amount of alcohol consumption within a few hours of driving, reality forces the acceptance of modest limits. So how do you know when enough is enough?

At the University of Chicago Department of Anesthesia and Critical Care, Dr. Michael Roizen and his colleagues are testing a product that determines whether you've had too much to drink. Normal evaporation of bodily fluid through the skin carries alcohol vapors into a penny-sized adhesive patch that turns green in the center when a certain blood alcohol level is reached.

Although the patch can be applied anywhere on the skin, it seems to be most sensitive on the forehead. If all guests at a party were required to wear one there, those unfit to drive could easily be detected—and perhaps even be dissuaded from doing so by their friends.

The center of this adhesive patch will turn green if the blood alcohol level is too high to drive safely. The patch is the size of a penny.

Once research is completed, Dr. Roizen says that patches indicating various blood levels of alcohol may become available, permitting more accurate assessment of the drinker's condition.

"Hello, 9112"

A SERIOUS PEST THAT MAY BECOME A BOON TO MANKIND

Thanks to the work of a distinguished biochemistry professor at the Harvard Medical School (and some booze-loving hamsters), a botanical pest that plagues much of the southern United States may help alcoholics.

Dr. Bert L. Vallee and his colleague, Dr. Wing-Ming Keung, have been conducting tests on alcoholic hamsters, using an ancient oriental remedy extracted from kudzu root. Kudzu is a fast-growing Asian vine imported into the country early in this century for possible use as livestock fodder. Like so many seemingly useful plants and animals similarly imported years ago, the kudzu vine got out of control after establishing itself in the new environment. Kudzu thrives wherever there is adequate moisture; found throughout the South, it nearly engulfs the trees on which it grows.

Extracts of kudzu root have been used for centuries in China and Japan to treat alcoholism, according to information gathered by Drs. Vallee and Keung. The extract, available today in the Far East in pill form, is used to make a tealike concoction that decreases the desire for alcohol.

Dr. Vallee chose Syrian golden hamsters for his test subjects after observing that these animals preferred alcohol over water. When dishes containing plain water and a 15 percent solution of alcohol and water were placed side by side in the hamsters' cages, the animals showed a distinct preference for the "cock-

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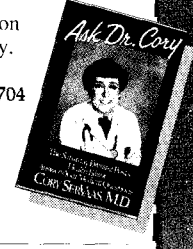

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S'no Wonder

continued from page 77

U.S. Ski Team, which has been based in Park City for 20 years.

"This is no Sea World," says John Bower, director of the ski jumping complex. "Athletes train and compete on snow in winter and on jumps coated with plastic in summer. We can emulate conditions that range from slush to hard-packed to icy snow." Warm-weather skiers in wet suits practice their jumps on ramps that project them 50 feet into the air and deliver them into a splash pool. For a small entrance fee, spectators are invited to watch.

If Salt Lake City's Olympic efforts are successful—and the outlook is promising since the area was nosed out for the '98 Games by only four votes—tiny Park City will enjoy fame by association. The rags-to-riches mining town will be nudged squarely into the spotlight, and TV viewers will witness a never-never land where all residents appear tanned, athletic, and under 30. Peter Pan would be right at home here.

"He was my idol," jokes Tom Cammermeyer, 44, a mountain-climbing expert who insists that tourists shed their wristwatches before taking off on a leisurely trek with him. Why no watches? "We eat when we're hungry, rest when we're tired, and we don't let a clock dictate our activities." And why Peter Pan? "Because he never grew up," says Cammermeyer with a grin.

In timeless Park City, you don't have to.

• • •

For more information: Free brochures on Salt Lake City attractions are available by calling 801-521-2858; for Park City activities, call 1-800-453-1360. Park City is located in the heart of Utah's Wasatch Mountains, 30 miles east of the Salt Lake International Airport via a six-lane interstate (I-80). The airport is served by 11 airlines (Delta offers the most frequent flights) with more than 500 daily arrivals and departures.

Can you name this picture...

... contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry must be a limerick of exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by April 22, 1994.

The winner of the March/April 1994 contest will be announced in the July/August 1994 issue.

Our congratulations and a check for $100 go to Lewy Olfson of Middleton, Wisconsin, for the winning entry in our Nov./Dec. 1993 caption contest.

Ah, the annual game has begun.
It's called "Hiding the Presents." What fun!
The boys giggle and stare—
But Mom knows that they're there.
She's just letting them think *that they've won!*

Crying for Protection

continued from page 39

satisfying to frustrated voters, is bad public policy, because it would crowd the prison system with aging felons without having much impact on rate of violent crime.

"It'll stop a few guys, and that could add up to big numbers in California, but mainly it will just create the most expensive old-age homes in the world," said Peter Greenwood, the acting director of the criminal justice program at the Rand Corporation, a Southern California research center.

But stopping a few guys would be enough for Reynolds, who said his campaign for new sentencing standards is what has kept him sane since that summer evening a year and a half ago, when the youngest of his three children joined her two brothers in a

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softball game and then went out for coffee and cake with a friend.

As the couple left the Daily Planet restaurant at 10:40 p.m., two young men on stolen motorcycles wheeled up to the curb. One of them grabbed Kimber's purse. When she struggled, the assailant stuck the barrel of his gun in her ear and pulled the trigger.

Shortly after Kimber's death, Reynolds went on the radio, begging for a witness or an informer to help find his daughter's killer. A friend of the gunman did just that, leading the police to 25-year-old Joe Davis, a methamphetamine user who had been convicted and jailed repeatedly for armed robbery, auto theft, and drug use.

Nine Years for Accomplice

Davis died in a gun battle with the police. His accomplice, Douglas Walker, 27, also a drug user with a long criminal record, pleaded guilty to armed robbery and accessory to murder. He was sentenced to nine years in prison. Under current law, he will serve half that time.

Reynolds said that he is haunted by feelings that he was not able to protect Kimber in the final months and minutes of her life.

Once she called him from Los Angeles because her car would not start, and he was struck by the realization that "there comes a time you can't be there for a child." He later bought her a cellular telephone so she could call for help in case of a highway emergency. But the phone was stolen.

And these were but precursors to Reynolds' ultimate helplessness. "You never stop reliving the last moments of your child's life and wondering what you could have done to prevent it," he said. "If I was standing there with a gun, I don't think I could have stopped him. But I might have shot him before he got down the street." ▲

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"Customized" Trees

continued from page 40

before maturity and heated in an oven below 150° F. to make the cones open and seeds fall out. The seeds should then be planted in pots and later transplanted outdoors.

In the eastern United States, dogwood, American hornbeam, yellow poplar, scarlet oak, American yellowwood, and maple are especially

THE SATURDAY EVENING POST

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easy to propagate by seeds. Norway maples germinate so successfully, they often are considered weeds. Bushes or shrubs that are easy to grow from seed include witch hazel, serviceberry (also known as shadberry, shadblow, or juneberry), yews, juniper, rhododendron, azaleas, and arborvitae.

CUTTINGS

The third method of propagation, taking cuttings, is probably the most difficult for the average homeowner to master. Willow and pussy willow twigs, however, will often grow even if broken from the tree and shoved into moist soil. Poplars are also easy to propagate from cuttings, and black locust propagation is legendary. Folklore prescribes that black locust fence posts be placed upside-down to prevent the post from growing into another tree.

Generally, though, cutting requires greater attention than transplanting or growing a plant from seed. Cuttings are ordinarily taken with a sharp knife or pruning tool. Next, they should be wrapped in a wet paper towel and placed inside a plastic bag so they won't dry out. The end cut of a twig is then dipped into rooting hormone (available at florists or nurseries) and planted in a medium. Mediums vary depending on species. Some consist of pure sand, while others might be blends of sand, peat, and vermiculite.

Once the cuttings are placed in a medium, it is extremely important to keep them from drying out. A particularly effective method is to wrap the pot in clear plastic to retain humidity. Usually, they remain in a medium for several weeks or months before they develop enough roots to be transplanted.

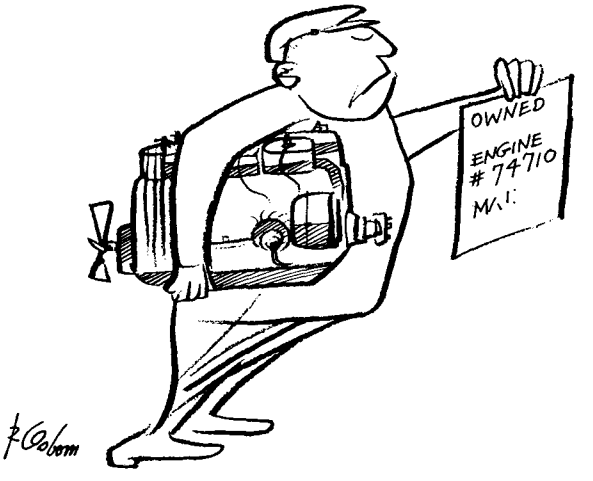
Those who find propagation interesting and wish to try more exotic methods may want to investigate air or tip layering, stem cutting, or rooting from leaves. Grafting is a very popular cutting technique for duplicating fruit trees. And bud grafting is used for flowering trees, such as dogwood. These techniques require exact temperature, moisture, and seedbed conditions.

CHOICE OF PROPAGATION METHOD

There are several factors to consider in choosing how you will propagate a particular plant. Not all methods will assure equal results. If duplication of certain characteristics is desired, cuttings are the best strategy. There are no genetic variations between the parent and the offspring. One is a clone of the other.

Both seeds and seedlings, however, result from fertilization. That is why it is best to collect seeds and seedlings from beneath the admired plant. If most plants of the same species in the area display the desired characteristics, that means they are strongly represented genetically; chances are, your seed or seedlings will also have those characteristics. Nevertheless, isolation also can work in your favor; if there are not other trees of the same species in the immediate vicinity with which the parent could have cross-pollinated, chances are good that your seed or seedling will carry the desired traits.

However, with even the simplest genetic scenario (in which one gene controls one trait), variations can occur. This is because genes can take on alternative forms, called alleles. The human gene for eye color, for example, has two common alleles—blue and brown. Yet, due to blending and recessiveness, several shades of these two colors and many other colors exist. Even for traits controlled by genes that do not have alleles, the best odds in getting the preferred trait will be one in four, so you should plant at least four seeds or seedlings. It would be wise to plant several more than that, because traits are often determined by several genes. Such a polygenetic trait, if controlled by four genes, for example, will allow at least 16 possible variations. Therefore, numerous seeds should be planted, and those without the desired traits can be culled. Unfortunately, this strategy will not



You Be the Judge

by William Donaldson

Slick Sid, the auto thief, bought a Blitz sedan which had been so badly wrecked that only the motor was intact. He received the usual certificate describing the car by make, model, and motor number. Next he stole Ira Ploop's undamaged Blitz sedan of the same model, and replaced its motor with the one from the wreck. Now in business, Sid sold Ira's car to unsuspecting Ambrose Digit. To close the deal, Sid used the title certificate of the wreck with its motor number of the engine transplanted to the stolen car.

When the truth came out, Ira demanded his car from Ambrose. Ambrose unhappily agreed to return the car—but not the motor. As the two couldn't settle the matter, Ira took his case to court.

"Look at it this way," he argued. "If I had caught up with Slick Sid before he unloaded the car on Ambrose, it would have been only fair and right that I keep Sid's motor instead of the one he took out of my car. The law says that a buyer of property from a thief has no greater rights than the thief, so it is my motor."

"Ira ignores the fact that, crook though Sid was, he was the legal owner of that motor and had a perfect right to sell it to me," Ambrose came back. "Therefore, I am entitled to keep it."

If you were the judge, would you give Ira the car and Ambrose the motor?

Ira won both. An innocent purchaser of stolen property is usually entitled to keep any equipment he himself has added or installed. But where the thief installs it, even though he came by it legally, it becomes part of the stolen property, and the original owner of the property is entitled to take all.

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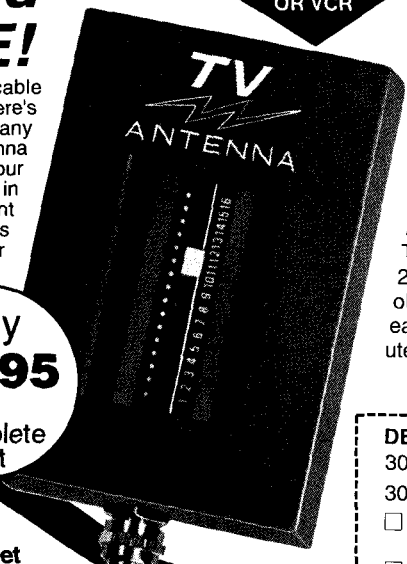

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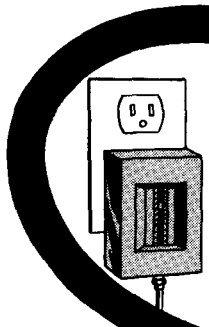

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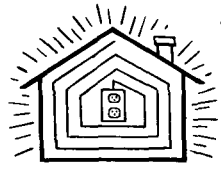

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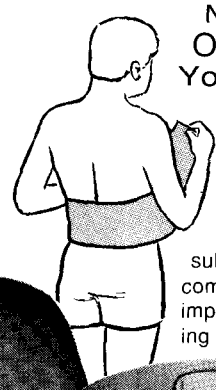

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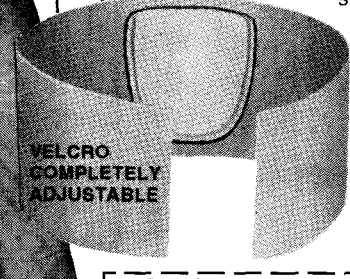

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work with traits that cannot be observed until maturity. Propagation from cuttings may be technically more difficult, but in these cases, it can save a lot of time and space.

Also, with seeds, there is the matter of germination success rates. The rule of thumb is that the larger the seed (or nut), the greater the likelihood of germination. This might be thought of as nature's way of balancing quality versus quantity. Large seeds and nuts contain more nutrition to launch the new plant, while small-seeded plants rely on greater numbers for overall survival of the parents' genes. Following this fundamental principle, chestnuts, oaks, maples, and lindens—with relatively large seeds—are easy to propagate by seed.

This principle should be remembered when trying to duplicate small-seeded plants. For yellow poplar, for example, with a germination rate in the vicinity of 2 percent, 200 or so seeds must be planted for four to germinate. If the trait desired is controlled by one gene with no alleles, one of the four germinated seeds is likely to grow into the tree you desire. Still, there are no guarantees. Rhododendrons and azaleas, small-seeded plants like yellow poplar, also illustrate the importance of accounting for germination rates.

COLLECTING STRATEGIES

Now that you know something about how to propagate, as well as your chances of success in propagating certain plants using a particular technique, you might want to think about where you'll look for plants to propagate. First, it is important to get permission from landowners to collect, especially when digging is involved. City streets and parks provide another excellent source of seeds—they often contain exotics, as well as indigenous plants—but few cities allow digging.

Local sources generally provide the best genetic material for local adaptation, but part of the challenge can be in extending the natural ranges of plants. When traveling, you can look for trees at the geographic limits of their natural range and experiment with propagating them at home. Using this strategy, four sourwood trees—not ordinarily found in central Pennsylvania—were transplanted from Tennessee and have thrived for several years. Their seeds were recently collected, germinated, and transplanted. Now College Park, Pennsylvania, has many of them in its local park system.

The best times to collect seeds and make cuttings are listed in books, usually available in libraries. Not all seeds ripen in the fall. Maples, for example, ripen in late spring or summer. The optimal time to take cuttings also varies. Juniper is best cut in the fall, but some plants do better when cut during their growth period.

Because there are many factors involved—genetics, germination rates, special conditions—plant propagation must often include trial-and-error tactics. With seed and seedlings, you may not always get exactly what you want, but you might get something that you like just as much, or even better. If not, you may think it's worth the time and money to start over again, perhaps this time using a more certain technique (cuttings). Either way, you will have learned something about the plant. Eventually, your friends and neighbors will be admiring the trees and shrubs in *your* yard—and asking where you bought them. ❧

Reprinted from American Forests, *a publication of the nonprofit conservation group American Forests, P.O. Box 2000, Washington, DC 20013.*

The Perfect Squelch

Someone at a small party in San Francisco was reckless enough to ask a visiting Texan, "Well, how do you like California?"

The Texan, who had spent three weeks in the state on vacation, generously conceded that California did have some nice features. The climate wasn't too bad, the scenery was pretty good, and a man might ride, hunt, golf, swim, fish, and so on. But, he added with a waggle of his forefinger, all that was just so much frosting on the cake. California lacked the real substance of a great state.

"After all," he proclaimed, "take away your California climate and your fancy scenery, and what have you got?"

"Texas," came the answer.

—*Leslie L. Jacoby*

Life with Lucie

continued from page 47

best things her mother ever did for the family was to be strict about the foods they ate.

"I'm not a junk food eater; I was brought up eating healthy things, not Cokes or chocolate bars. I was 40 years old before I had my first [tooth] filling, and I still have only one!" she says. "My grandmother was also into natural foods and used natural remedies when we were sick."

Lucie moved into her father's California home to care for him during the final weeks of his life as he battled cancer. Preceded in death by his second wife, Edie, Desi died at age 69, with Lucie at his side, December 2, 1986.

"It was very difficult. By the time I found out how sick he really was, I was touring the country in a play. Finally, the doctors said it would not be that long, and I told Larry, 'I have to go.' I took Joe with me to Dad's home in Del Mar, prepared to stay months if I had to. It ended up being 3½ weeks."

Several hundred people attended Desi's private memorial service at a church near Del Mar; Danny Thomas gave the eulogy. Unlike Desi's quiet, nearly-unheralded passing, Lucille Ball's death at age 77 on April 26, 1989, unleashed a

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flood of media attention, because Ball had been hospitalized for eight days after emergency heart surgery. (The cause of death was a ruptured abdominal artery.) After reading notes from her mother's unfinished autobiography recalling a happy childhood picnic, Lucie planned a somewhat unorthodox memorial service for her mother following the family-only services: a picnic.

"My mother hated funerals and said she never wanted one. When I saw this pile of notes, I said, 'This is what we're gonna do.' It was our version of a memorial service, and it was held May 7, on Mother's Day," she recalls, her eyes suddenly misting over. "This was for our family, people at Desilu, people who cared. Everyone brought their own blankets, and we ran her favorite episodes of 'I Love Lucy' all day long."

"When I lost both of them within 2½ years of each other, and my brother pretty much opted out of dealing with business at hand, it made it impossible for me to grieve," she explains. "I didn't have time. So I pushed it away. But it never goes away, because I am surrounded by it daily."

Aided by a happy home life, Lucie Arnaz Luckinbill is making peace with herself, but her perspective on life is filtered through her personal losses.

"I have trouble planning the future ten minutes ahead, let alone as a five-year plan," she says. "I take life very much one day at a time. I find when I take care of *now*, the future takes care of itself."

Shelley Fabares

continued from page 72

just sob.

"And he would hold me. He would listen to me. His concern always has been to hold me up. When I leave on one of my hundred trips for the association, it's not, 'You're not leaving again are you? You just got back. You can't go again.' It's always, 'Go with God.' In every detail of my life, he is my rock and love, and I'd never have made it without him."

Despite all the pain of the past decade, Fabares credits her mother with giving her an enormous gift. Certainly, she would not have wished the illness on any parent, but "even though it might sound overstated and melodramatic, I'm not overstating it. I have met saints and angels and people I'd otherwise never have had the privilege to meet. It's not only been the worst of times, but the best of times, and it's taken my life in another direction. (She has testified four times before joint sessions of Congress and continues to lobby hard for the national Alzheimer's Association.)

What about acting? "I love being an actress," she says emphatically. "It's been my whole life. But with the work I'm doing for Alzheimer's, I feel this is what I'm supposed to be doing on this planet. I don't know where else it will lead, but I realized a short while ago, 'This is what life is about. This is why I'm here.'"

And with that, she dashed off, no doubt contemplating the future and this wonderful gift her mama gave her, amid all the storm.

Seeking the Wizards of Prozac

continued from page 53

parks.

Molloy gives me an abbreviated version of how Prozac was developed, a story that sounds self-evident in hindsight, as major discoveries often do.

The idea was simple: Instead of examining existing drugs to discover which ones had antidepressant side effects, Molloy decided to start with the side effect and build a drug that would trigger it. It was the scientific method in reverse—as if Molloy had decided to write a mystery novel with the ending in the first chapter. The mystery became not whodunit, but how they did it and why.

Molloy started in 1971 with a trip to Lilly's chemical library, the vast catalogue of compounds the company kept in its vaults for research. Antihistamines had yielded the first major antidepressant drugs, so Molloy started with compounds whose chemical structures resembled antihistamines. He began carting books listing compounds over to his office by the wheelbarrowload.

He knew which neurotransmitters he wanted to leave alone—the ones that produced the grogginess and dry-mouth effects, among others—but he was not sure which ones he wanted to

continued on page 94

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Knowing is not enough; we must apply. Willing is not enough; we must do."—*Goethe*

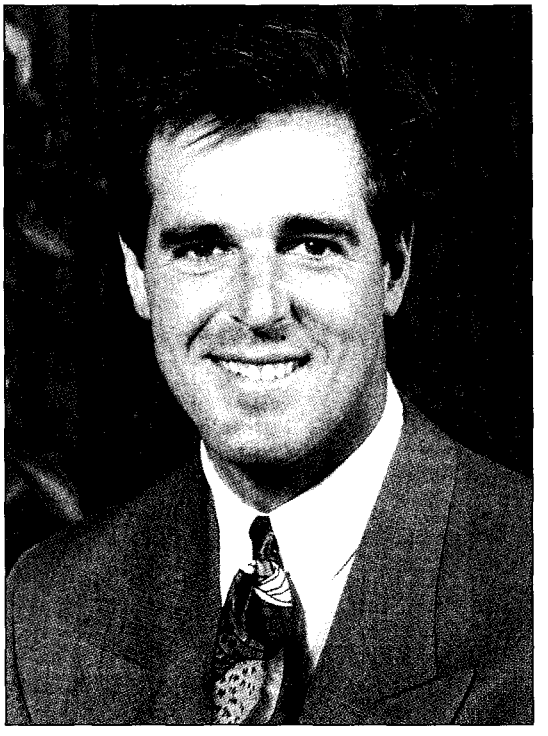
Fatigue from IBD

Dear Dr. SerVaas:

I am most interested and anxious to have information on inflammatory bowel disease. My 19-year-old son has been diagnosed with it. He is on Asacol (mesalamine), but as yet we have seen little improvement with his major complaint, which is fatigue. With exertion, he quickly develops sweating, weakness, nausea, chills. It takes several days or even weeks to get back on an even keel, and then the fatigue continues.

Is fatigue to this degree unusual? Is there hope that with the right medication he will regain strength and be able to do the normal activities of a teenager? His doctors do not give him much information and only say it takes time. Depression is beginning to play a part.

Andree L. Ziehmer
California, Missouri



Place-kicker Rolf Benirschke starred for the San Diego Chargers after successful surgical treatment of his inflammatory bowel disease.

Fatigue and depression can be a part of inflammatory bowel disease. Numerous IBD patients have shared stories of their struggles and successes for the "IBD Special Report" in the Jan./Feb. '94 issue of the *Post*.

In a more recent interview, Rolf Benirschke, a former Pro Bowl place-kicker for the San Diego Chargers, told us how IBD affected him.

"I played sick during the 1978 season and began the 1979 season, but four games into the 1979 season, I collapsed on a flight home from a game in New England. During the course of my illness, especially early on, it got worse and worse to the point where it was really affecting my playing. I was a place-kicker and wasn't able to kick off. By the end of the season, I would play the game on Sunday, check into a hospital for the night, get fed intravenously until the following Saturday, get released, play the game on Sunday, and then go back to the hospital."

After a lifesaving ostomy surgery, Rolf rejoined the Chargers in 1980. He went on to set 16 team records, receive numerous honors, including 1983 NFL Man of the Year, and was selected to play in the Pro Bowl.

Our IBD research has shown that patients on sulfasalazine can become folate deficient. Sulfasalazine is a combination of 5-ASA and a sulfa component. Asacol (mesalamine) contains 5-ASA without the sulfa component. We don't yet know whether it is the sulfa or the 5-ASA that causes folate depletion. Folate is a B vitamin, and a deficiency of any B vitamin might contribute to fatigue. The general malabsorption caused by the disease could also contribute to fatigue.

Halitosis Remedy Sought

Dear Dr. SerVaas:

I would appreciate any guidance you can give me as to what tests I can take for persistent halitosis. I've had the following tests: dental, sinus x-rays, CT scan, and x-rays without a causal determination. Some years ago, I read of biochemical tests that are given to individuals with halitosis. Unfortunately, I did not write down the information. Any information you can supply me for a resolution will be greatly appreciated.

Bob Johnston
Estelline, South Dakota

Sulfur in the gastrointestinal tract can cause odor. Bismuth can chelate (combine with) the sulfur to render it odorless.

There are quantitative tests that measure the degree of halitosis. The breath is then measured again after bismuth administration. These tests have shown that bismuth can

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reduce halitosis.

Bismuth subgallate is used in ostomy bags to eliminate any possible odor. Colo-Fresh, Devrom, and OdorGone are brand names for the bismuth subgallate odor-removing products.

Best Foot Forward

Dear Dr. SerVaas:

In response to Moses Abajian's letter in the July/Aug. issue regarding his mother's "burning feet"—it sounds similar to my foot problem. It has to do with the nerve endings in my feet.

My excellent podiatrist has helped me. He recommended a cream which works wonders! An amount the size of a pea applied three to four times daily to the area where the pain occurs will bring relief in a day or two. The cream, Zostrix regular or HP, is rather expensive, but one tube will last a couple of months. (I've found it priced from $36 to $52.) It does not require a prescription, but is usually kept behind the prescription counter. If I forget to reapply the cream, the pain recurs. It also helps the aches of arthritis. Be cautious not to get it in or around the eyes or mouth. I hope this can help her.

Mrs. Ralph Baird
Plant City, Florida

Capsaicin (the active ingredient of Zostrix) is a natural chemical derived from plants. Evidence suggests that it renders the skin or joints insensitive to pain by preventing the accumulation of the chemical that mediates pain from the sensors to the nervous system. According to the manufacturer, GenDerm, it is useful in arthritis and relief of pain following shingles or other neuropathies.

Source for a Second Opinion

Dear Dr. SerVaas:

I was diagnosed as having Crohn's disease. Then my gastroenterologist said I didn't have it—it looked like Crohn's, but didn't test as Crohn's. So he said for lack of a better name, he was calling it "IBD."

I have taken sulfasalazine, but could not tolerate it. I am now on Asacol 400 mg six times a day since April. I have had two CAT scans—one before and one in June after being on the Asacol over three months. I am on a low-fiber diet and pride myself on being able to stick very closely to it. When I had the last CAT scan, I had missed taking a total of six Asacol in three months (not all one day). The results he told me sounded like a tape recording of the first report. It was very vague like the first one, and he said almost the same thing. I know I am worse now than when I started doctoring for the pain in my side. I also have a hiatal hernia, for which I take Zantac, two 150 mg pills a day.

I would like to get a second opinion. Is it possible to have another gastroenterologist look at my test? I have had the upper and lower GI, lower bowel, the colonoscopy, and two CAT scans. I would not like to go through these again just on someone's "whim." The CAT scans included the kidneys. Yes, I do realize I will have to have more testing done, but I do not want to have it "just done."

The lower GI showed a narrowing of the colon—that was reason for the colonoscopy. A couple of snips were taken and tested. He said he didn't think I had cancer. When I asked if there wasn't a test for cancer, he flew into a rage—said only if you had had cancer. As you have guessed, I am not happy with my results.

I want to get a second opinion, but am at a loss as to where to go. The one who seems to be very well thought of here was the former partner of my present doctor. I'm not sure this would be a wise choice. Could you suggest where and to whom I could go—going out of town would not be a problem.

I thank you in advance for your time and trouble.

Name and hometown withheld

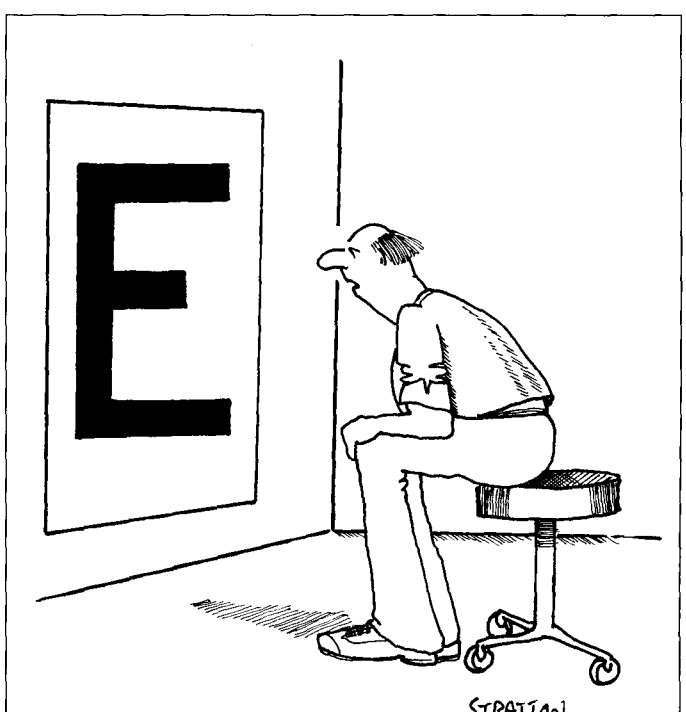
We have interviewed some dedicated gastroenterologists for whom IBD has become a subspecialty. These gastroenterologists have become renowned for their good work in managing IBD problems.

Many family physicians and gastroenterologists refer their complicated IBD patients to these recognized authorities on inflammatory bowel disease.

It is quite appropriate and cost-effective for you to ask the hospital for your medical records. These will include the pathologists' reports from which your physician made the diagnosis of IBD.

In all fairness, differentiating between Crohn's and ulcerative colitis can occasionally be extremely difficult, especially in the early stages of the disease. This is another reason for seeking a consultation with an IBD specialist who sees a lot of these cases. The very important member of his team is his trusted pathologist, who also sees biopsies from many IBD colons. With his microscope, he becomes expert at recognizing low-grade epithelial dysplasia or high-grade dysplasia (disordered tissue growth) that might signal the higher risk of colon cancer.

Another reason for traveling, if necessary, to an IBD "specialist" is that this gastroenterologist will be able to put you in touch with a surgeon who specializes in IBD



"I can't quite make out the bottom row."

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surgery. New techniques in surgeries for IBD require skill; if surgery should become necessary, it would be well to have some research done before selecting your surgeon.

For example, if it ever developed that you wanted an ileal pouch-anal canal anastomosis after a colectomy, you wouldn't want yours to be the first one your surgeon had ever attempted.

We interviewed a number of outstanding IBD gastroenterologists and surgeons for the Jan./Feb. '94 *Post*. They included:

Dr. Stephen B. Hanauer, Bernard Mitchell Hospital, 5815 South Maryland, Chicago, IL 60637;

Dr. Keith Kelly, Mayo Clinic, 13400 Shea Blvd., Scottsdale, AZ 85259;

Dr. Richard A. Kozarek, Virginia Mason Clinic, 1100 Ninth Ave., Seattle, WA 98101;

Dr. Daniel Present, 12 East 86th St., New York, NY 10028;

Dr. Stephan Targan, Inflammatory Bowel Disease Center, D4063, Cedars-Sinai Medical Center, 8700 Beverly Blvd., Los Angeles, CA 90048.

The IBD specialist will probably ask you to have the laboratory slides from your colonoscopy exam sent to him for his pathologist to examine.

Sideroblastic Anemia

Dear Dr. SerVaas:

My husband has sideroblastic anemia and takes vitamin B_6. We can't seem to find out much about it. I would appreciate any information.

Mrs. Earl Harriman
Marissa, Illinois

Sideroblastic anemia results from defective heme production in developing red blood cells. (Heme is the iron-containing portion of the hemoglobin molecule.) Unlike many anemias, it does *not* occur because of an iron deficiency. Instead, sideroblastic anemia is often referred to as an iron-overloading anemia.

Irreversible (i.e., chronic) sideroblastic anemia requires lifetime monitoring for iron overload. Family and relatives of patients with inherited irreversible sideroblastic anemia should be monitored as well, according to Dr. Sylvia Bottomley, an authority on sideroblastic anemia. She warns that sometimes the sideroblastic anemia can be masked, and by the time symptoms become evident, the consequences of iron overload are unresponsive to therapy.

Management of reversible sideroblastic anemia means treating the cause (alcohol abuse, drug therapy, copper deficiency, or hypothermia). Initial treatment for irreversible sideroblastic anemia often includes pyridoxine (vitamin B_6), a precursor to enzymes that produce heme.

Patients whose irreversible sideroblastic anemia becomes unresponsive to medical therapy may require blood transfusions.

"Our chef called in sick today."

Cyclosporine

Cyclosporine has enhanced the chances of avoiding surgery for ulcerative colitis patients. It has also healed fistulas in Crohn's patients and allowed healing of related skin manifestations. For many IBD patients, cyclosporine has proven to be a wonder drug. However, like all medications, it sometimes has unexpected effects.

Recent studies highlight the importance of monitoring magnesium during cyclosporine therapy. Reports of low magnesium levels following heart transplantation and cyclosporine treatment are common. (Cyclosporine is given to prevent organ rejection following a heart transplant.) In patients with kidney disease, studies link cyclosporine therapy to low magnesium levels.

The cyclosporine-magnesium interaction appears to be related to the dose of cyclosporine. Although the reason is unclear, some experts feel cyclosporine increases magnesium excretion in the urine. Others find that magnesium is shifted into tissue cells when patients take cyclosporine.

Low magnesium levels are linked to heart arrhythmias, tremors, seizures, and the development of high blood pressure. If you are being treated with cyclosporine, ask your physician to watch your magnesium level.

Sjögren's Syndrome

Dear Dr. SerVaas:

I have been diagnosed as having Sjögren's syndrome. There seems to be little printed information about this disease. Can you give me more information about how to take care of myself?

Jean Schilleman
Flushing, Michigan

Sjögren's syndrome is a chronic inflammatory disease of unknown cause. It tends to appear most often in postmenopausal women. Arthritis usually precedes or accompanies this disorder. If arthritis doesn't develop within the first year, it probably won't appear later. Patients may also develop a rapidly progressive case of severe oral and eye dryness, as well as generalized dry skin. The oral dryness may become severe enough to cause difficulty in chewing, swallowing, and talking. There can be a decrease in sense of smell and taste. Frequent nosebleeds, coughing, and sinus inflammations are common. Eye dryness can lead to poor vision, light sensitivity, and inability to produce tears.

The treatment consists of alleviating symptoms. For dry mouth, chewing gum or candy and drinking more fluids will help. Frequent dental checkups are necessary

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to control cavities. Products such as Biotene are good for easing dry mouth and reducing plaque and gum disease.

Instilling artificial tears every half-hour can help eye dryness and prevent eye damage. Some patients need to use an antibiotic eye ointment at bedtime as well. Glasses help protect eyes from dust; light-sensitive eyes benefit from dark glasses. Humidifying the home and work environment will help prevent respiratory problems.

The Many Causes of Nonspecific Colitis

Dear Dr. SerVaas:

I hope you can help me with a problem I have had for several years. I have what was diagnosed as bacterial nonspecific colitis. This produces diarrhea.

I have seen many physicians, to no avail. I recently had a colonoscopy. The result was good; no diseases or bacteria were found. After the colonoscopy, my physician felt that my problem has something to do with my diet or stress. My physician asked me to eliminate coffee, dairy products, cola, chocolate, tea, beer, tomatoes, ketchup, and spicy foods from my diet, but so far I've seen no improvement. I would appreciate any help you might give me.

Perry N.
Naperville, Illinois

Often, there are no simple answers to the problem of colitis. The first step, as this reader has done, is to have the cause of the colitis diagnosed. In making the diagnosis, a physician frequently will perform a sigmoidoscopy or colonoscopy examination; a stool test for occult blood, parasites, or other organisms; and a barium enema x-ray to rule out other problems. As is true for this reader, no diseases or bacteria may be found.

Irritable bowel problems may relate to difficulties in digesting sugars or gluten.

Lactose (the natural sugar in milk), fructose (the natural sugar in sweet fruits, honey, and corn sweetener), and sorbitol or mannitol (used in "sugarless" candy, chewing gum, and toothpaste) cause some people to have symptoms.

Gluten—the tough, sticky substance found in wheat, rye, oats, barley, malt, and buckwheat—causes problems for others. By following diets that avoid these substances, many have minimized their symptoms.

To receive these diets, you might subscribe to the *Colitis Club Quarterly*. Write to P.O. Box 2166, Indianapolis, IN 46206.

Reflex Sympathetic Dystrophy Syndrome

Dear Dr. SerVaas:

I am suffering with R.S.D.S. (Reflex Sympathetic Dystrophy Syndrome) in both feet. It started after ingrown toenail surgery. Unfortunately, it wasn't until I saw doctor number five that I was diagnosed correctly. I was told that had I been aware of my syndrome at its onset five years ago, it could have been helped and perhaps cured.

I was sent to the pain clinic and had epidural shots that did not help. I have been going to foot therapy weekly for two years now. I also wear a T.E.N.S. unit to

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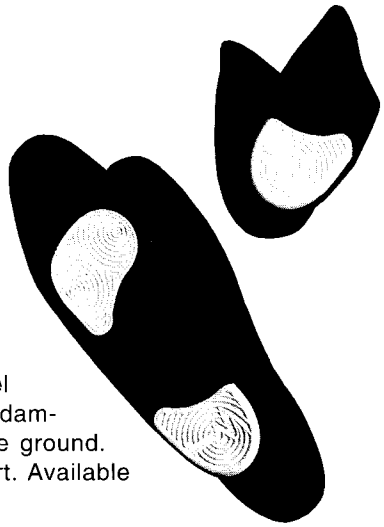

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help with the pain. I get very depressed and am on medication to help with that.

No one can understand the constant burning and shooting pains that I am enduring. Most doctors don't seem to be familiar with R.S.D.S. Is there anyone who has found relief?

Helen Hitchcock
Villa Park, Illinois

This reader accurately describes R.S.D.S. Researchers think the disorder is caused by a disturbance of the sympathetic nervous system. Injury, heart disease, surgery, infection, or disorders of the spine or brain may precipitate the pain. The disease occurs frequently among women. The average age of onset is in the mid-30s.

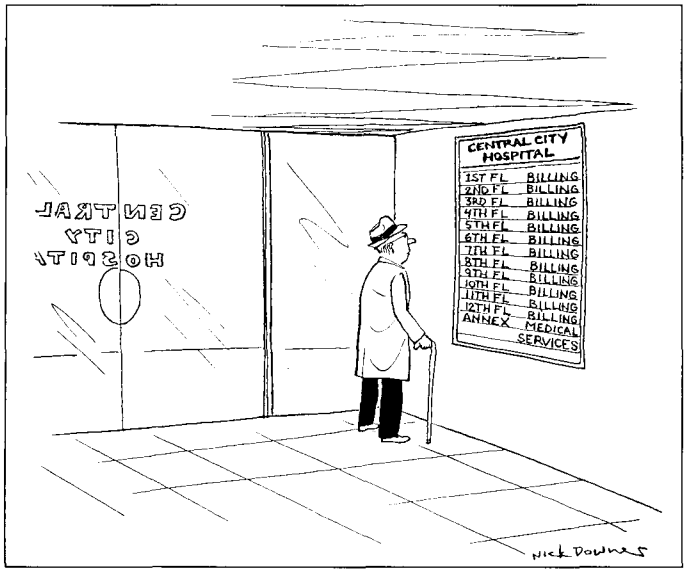
Pain in the extremities that is described as severe, constant, and burning is usually the first and main complaint. Because the sympathetic nervous system involves all tissue levels—skin, nerve, muscle, blood vessel, and bone—the symptoms accompanying the pain vary.

Generally, R.S.D.S. presents in three stages. Often, in the first stage, the affected area is tender and swollen. Skin color and temperature may change, and sweating may occur. Normal joint movement becomes limited, and muscles may spasm. The average duration of the first stage is one to three months.

In the second stage, pain intensifies and spreads; nails become brittle. X-rays show thinning or damage to bones or joints. Muscles waste. The second stage averages three to six months.

By the third stage, the damage is irreversible. For many people, the pain becomes more severe and may affect the entire limb. The skin is drawn; muscles are wasted and shortened. Joint movement is limited.

Treatment depends on the disease stage. In the first stages, medications such as aspirin, anti-inflammatory drugs, or muscle relaxants may ease symptoms. Physical therapy may help to maintain use of the affected areas. In uncontrolled pain, T.E.N.S. (transcutaneous electrical nerve stimulation) units—small battery-operated devices that can block nerve impulses—often relieve pain. Injections of numbing agents may be given to reduce pain and swelling. For some patients, cutting certain nerves surgically offers a cure. However, a sympathectomy will not work for everyone.

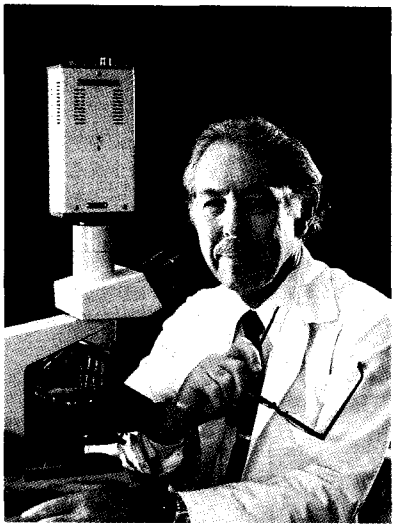


The R.S.D.S. Association offers a variety of educational materials and a quarterly newsletter of information. Its address is 116 Haddon Ave., Suite D, Haddonfield, NJ 08033, or telephone 609-795-8845.

After Illness, Clean Your Toothbrush

After a bout of an infectious disease, the last thing anyone wants is reinfection. We can toss the tissue, wash the sheets, and scrub the glasses, but what about our toothbrushes? Some have suggested we should toss out the toothbrush every time we survive an infection.

We posed this question to Dr. Paul Keyes, retired researcher from the National Institute of Dental Research and pioneer advocate of brushing with hydrogen peroxide, baking soda, and salt to prevent periodontal disease.



Dr. Paul Keyes, who has long pursued bacteria that cause periodontal disease, advises disinfecting toothbrushes after an infectious illness.

Dr. Keyes offered several options to people concerned about the presence of bacteria on their toothbrushes.

"I don't think you have to toss out the brush," Dr. Keyes replied. "If you have any concern, you can sterilize the toothbrush just by soaking it in a solution of Clorox, one tablespoon to one half-cup of water. Let it soak there for a while: 15 minutes or so. Soaking the brush in a saturated salt solution would also work. Or, one could soak it in a full-strength germicidal mouthwash (Listerine, for example) 10-15 minutes. After soaking, just rinse out the toothbrush and proceed normally."

While on the subject of replacing toothbrushes, we asked Dr. Keyes how often he recommended replacement. Do you have to change every six weeks or so to insure dental health?

"That's nonsense. What happens is that a lot of people use too much pressure when they brush their teeth and when they do, the bristles of the brush fan out," Dr. Keyes explained. "When that happens, you're brushing your teeth with the sides of the bristle, rather than the ends of the tips. I don't change a toothbrush, except maybe once a year."

To Minimize Dumping Syndrome

Dear Dr. SerVaas:

I recently had to undergo emergency surgery for a peptic ulcer. The surgeon told me that it had been necessary to remove the nerves to my stomach that control acid secretion and the valve between my stomach and intestines. He told me that I would have what is called *dumping syndrome*. The surgeon added that I would be able to eat anything without discomfort because it would simply *go straight through* into my intestinal tract.

Shortly after surgery, my gastroenterologist did an endoscopy to check the surgical results. He informed me

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that I could eat almost *nothing*! The list of no-nos included anything with a shell-type exterior, such as corn, beans, peas, and nuts; and no high-fiber foods, like broccoli and asparagus. He also stressed absolutely no raw vegetables and nothing with caffeine or alcohol. I was permitted potatoes, dairy products, bananas, and orange juice that was thoroughly strained.

After hearing two absolutely different things from two experts, I have tried, in vain, to find out from a dietitian just what dumping syndrome means and what I can or cannot eat! So far, whether or not I stick to the gastroenterologist's advice, I still suffer unusual and frequent bouts of diarrhea.

I have also had a second problem from the surgery. I have developed a kind of *fluttery* heart problem. My heart will have periods when it will skip so many beats that it causes complete exhaustion and frightening shortness of breath. Recently, one spell was so severe that I went to the emergency room at our local hospital. Of course, as soon as I was on the bed, it subsided, which it usually does after 10 or 15 minutes. However, in my conversation with the doctor at the local hospital, he told me that the problem was caused by one of the nerves severed in the stomach. He also stated that literature is available explaining dumping syndrome, but I have been unable to obtain a brochure.

Do you have any explanation to the complex problems I am experiencing, or know where I can get this elusive literature? Your assistance would be appreciated.

Bernice Hill
Concord, California

Dumping syndrome normally occurs in gastrectomy patients who have had the pyloric valve removed. This valve controls the flow of contents from the stomach to the small intestine. Without it, solid foods are often incompletely churned and diluted, thus dumping stomach contents prematurely into the small intestine. The concentrated food mass—rich in carbohydrates but water deficient—pulls water from the bloodstream. The resulting drop in arterial fluid triggers a decline in blood pressure, a rapid pulse, sweating, and weakness in as little as 10 or 15 minutes. Nausea and vomiting can follow.

A secondary response may also ensue approximately two hours later. If the food mass is rich in carbohydrates, it will be quickly converted to glucose. The sharp rise in blood glucose levels stimulates an overproduction of insulin, leading to symptoms of mild hypoglycemia—difficulty concentrating, lack of coordination, feeling nervous or tense, trembling, and rapid pulse.

Careful control of the diet often brings relief, says dietitian Dr. Sue Rodwell Williams. In her 1993 edition of *Nutrition and Diet Therapy*, Dr. Williams emphasizes that controlling intake of fluids is critical, because the stomach has difficulty distinguishing between solids and fluids. She makes the following recommendations:

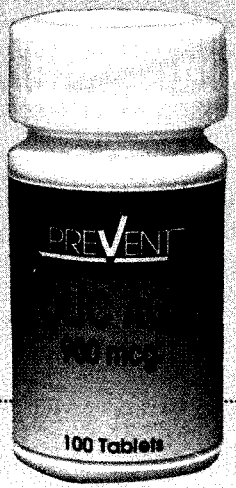
- Drink liquids or soft foods (e.g., gelatin) at least one hour before and after meals.
- Eat five or six small meals *without fluids* per day.
- Choose foods higher in protein and lower in carbohydrates to prevent rapid passage of food from the stomach into the intestinal tract.
- Avoid milk, sweets, alcohol, and carbonated beverages.
- Choose foods lower in fiber, but for good nutrition,

"Folic acid urged for all young women.

All women of childbearing age should be taking a daily vitamin that has folic acid to drastically cut their risk of having a child with serious birth defects, the American Academy of Pediatrics advises." *USA Today* September 9, 1993

Center for Disease Control

"All women of childbearing age in the United States who are capable of becoming pregnant should consume .4mg of folic acid per day for the purpose of reducing their risk of having a pregnancy affected with spina bifida or other neural tube defects."
MMWR, September 11, 1992



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select raw vegetables as tolerated.

You can order additional information about dumping syndrome by writing to the National Digestive Diseases Information Clearinghouse, Box NDDIC, 9000 Rockville Pike, Bethesda, MD 20892.

Take Folate Three Months Before Conception

Dear Dr. SerVaas:

I read in the interview with Dr. Kozarek that even those on sulfasalazine should take folate. I take sulfasalazine and I want to have a baby. If we are folate deficient because of sulfasalazine, how much folate should I be taking?

Maggie Allison
Tampa, Florida

Pregnant women who are not taking sulfasalazine are normally given 0.4 mg of folate daily for three months before attempting pregnancy. Doctors often prescribe 4 mg of folate per day for women who have had a neural tube defect baby. Your doctor will probably want to prescribe additional folate for you to compensate for the loss of folate due to sulfasalazine.

Dr. Richard Kozarek told us that most doctors who take care of many inflammatory bowel disease patients, and are prescribing long-term sulfasalazine, now supplement patients with a milligram of folic acid a day.

I'm sure Dr. Kozarek would be happy to advise your doctor about prescribing additional folate before and during pregnancy. Although there are no known side effects from folate, any amount more than one milligram requires a prescription. The use of folate can mask a test for pernicious anemia, which is caused by a B_{12} vitamin deficiency. Therefore, it is always important for your doctor to know what vitamins you are taking.

At last, the word is getting out that all women of childbearing potential should begin taking folate, because 50 percent of pregnancies aren't planned. We're glad that we began writing about folate for preventing birth defects in October 1982.

For women planning pregnancy who don't have a history of spina bifida babies and who aren't on any folate-depleting drugs, 0.4 mg folate should be taken daily. Tablets containing 0.4 mg folate can be purchased without a prescription. ▲

Seeking the Wizards of Prozac

continued from page 87

target. Several years before, he and Fuller had collaborated on research involving serotonin, and Fuller was by this point convinced that serotonin was the key to understanding the faulty brain chemistry that results in severe depression.

*

It was Wong who supplied the last, crucial link in the developmental chain by creating a precise test for measuring the effect of serotonin in living brain cells, using ground-up brain cells of rats.

The initial research went quickly; less than two years after Molloy started, Wong's tests confirmed that one compound Molloy and Fuller had created, known as LY949439, had a potent and selective effect on serotonin, and serotonin only. This was Prozac.

*

"Dr. Fuller and I were reminiscing one day," says Wong, "and we both decided that if we had not become scientists, we might have wound up in the seminary."

It is an incongruous thought. If your work is based on the certainty that mind and body are indistinguishable, where does a spiritual view of the universe fit in? Isn't there some sort of a logical inconsistency?

*

"People talk about depression as if it's either-or," Fuller said. It is not as simple, he said, as mind or body. "I don't think that distinction has any meaning. The mind, like the rest of the body, functions through molecular changes."

He is talking in his office, which is a modest room lined with looseleaf notebooks of clinical data. At times, he gets up to illustrate some point with a diagram of a neuron, pointing to it with a pencil as if he were lecturing in a classroom. A few weeks after Prozac went on the market in 1988, he was in Boston at a scientific conference, riding an escalator in a hotel, when he overheard two women behind him talking. "I'm on Prozac now, and I'm doing much better," one woman said to the other. Telling the story makes him smile, which makes him look very much like a Presbyterian minister.

Except that in his theology, the soul is a collection of cells, if a dauntingly complex one. ("If the human brain were simple enough for us to understand, we would be too simple to understand it," another Lilly pharmacologist said in *Listening to Prozac*.) Fuller quotes one of his scientific predecessors, neuroscientist Ralph Gerard: "Behind every crooked thought, there lies a crooked molecule." So, I ask, are we just fooling ourselves to think that we are able to reason our way out of despair? Is there a chemical for every sadness?

No, he says, but every sadness is chemical. There was an experiment in which damselfish were kept in a tank with only a transparent wall between them and some big predator fish. The damselfish had every reason to think they were about to be eaten. After a while, the serotonin levels in their

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If you are concerned about prescription drugs and their side effects...not to mention their spiraling cost...Look at the Amish. They are robust and healthy. Yet they rely on simple, drug-free home remedies and folk medicine for their everyday health problems.

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An encyclopedia of their natural health secrets, called *The Wisdom of Amish Folk Medicine* is now available to the general public. It has hundreds of proven home remedies using simple items you have around your home like vinegar, salt, soda, onions—even olive oil. You'll be amazed at the ordinary spices and herbs the Amish use for their health qualities.

This extraordinary health guide was inspired by a collection of little-known folk medicines gathered by the home remedy editor of a magazine published for the Amish.

Speaking of these health secrets, she says, *"A doctor was usually called as a last resort, after everything else failed, and this wasn't often."*

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- **Can't take aspirin?** Discover the natural ingredients that have pain killing properties.
- **Allergies?** Use nature's antihistamine.
- **Arthritis pain?** An all-natural tonic can give hours of relief.
- **Prostate trouble?** A good dose of this ordinary tea is the Amish secret.
- **Want to stop smoking?** Learn age-old ways to kick the habit.
- **Trouble sleeping?** This simple remedy is said to induce a peaceful slumber.
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Right now, as part of a special introductory offer, you can receive a special press run of *The Wisdom of Amish Folk Medicine* for only $8.95 plus $1 postage and handling. Your satisfaction is 100% guaranteed. You must be completely satisfied, or simply return it within 90 days for a full refund-no questions asked.

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Where Do You Think You Are?

(answers from page 80)

(Theme: Cities with Spring in Their Names)

1. Springfield, OR
2. Springvale, ME
3. Spring Grove, IN
4. Springville, AL
5. Spring Valley, CA
6. Springdale, AR
7. Spring Mount, PA
8. Spring Hill, FL
9. Spring Garden, IL

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brains showed a marked decrease. It's illustrative, in a crude way, he says. Loss, anxiety, repeated rejection—"things we experience do cause neurochemical changes in the brain."

And so it is that the pharmacological effects of fluoxetine hydrochloride, properly administered, modify the chemistry of the neuronal synapse to cause the following physical occurrence every Sunday at a certain church in Indianapolis: A woman who used to be clinically depressed walks up to Ray Fuller and hugs his neck.

*

The most important question, the question I had come here to ask, I put to Molloy. After all, it was Molloy who started everything 20 years ago.

How does it make you feel, I ask, to know that what you have done has helped people? To know that this molecule you invented has allowed me to live my life in a way I never thought possible?

There is an awkward pause.

"I am not a touchy-feely person," Molloy says uncomfortably, almost sourly. We are sitting in his office, and he has turned his face slightly away from me.

"I'm happy for you, okay?" He clearly wishes I were not there, asking this sentimental, unscientific question.

"This puts me in a somewhat embarrassing position," Molloy says. He glances at the public relations person for Eli Lilly who has accompanied me to this interview. What comes out, finally, is so stunningly honest that I do not know what to say, and so I say nothing.

"The company puts itself in the position of saying it's here to help people, and I'm here saying I didn't do it for that. I just wanted to do it for the intellectual high.

"It looked," he said, "like scientific fun."

Reality is rarely what we imagine. Demons do not inhabit our bodies; the heart is not the seat of human emotion; black bile does not make us sad. Great and noble things do not always happen for great and noble reasons.

I can live with that. Happily ever after.

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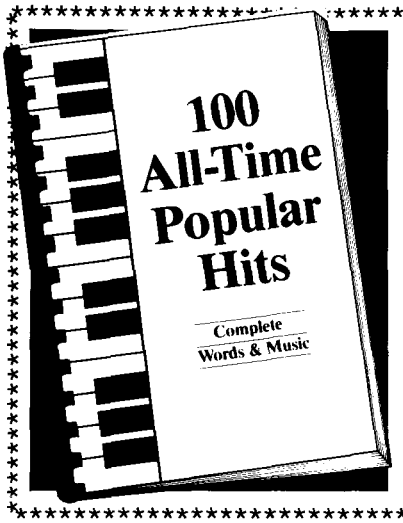

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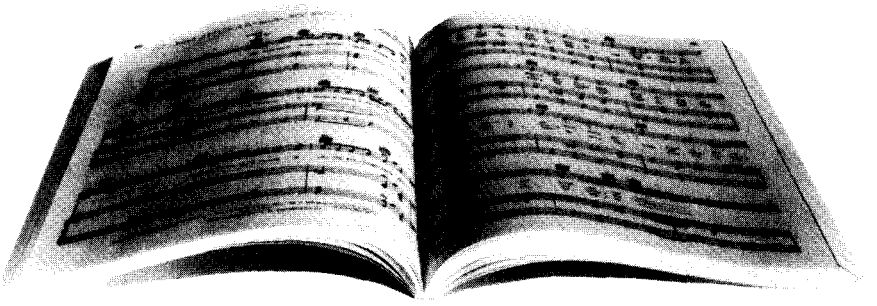

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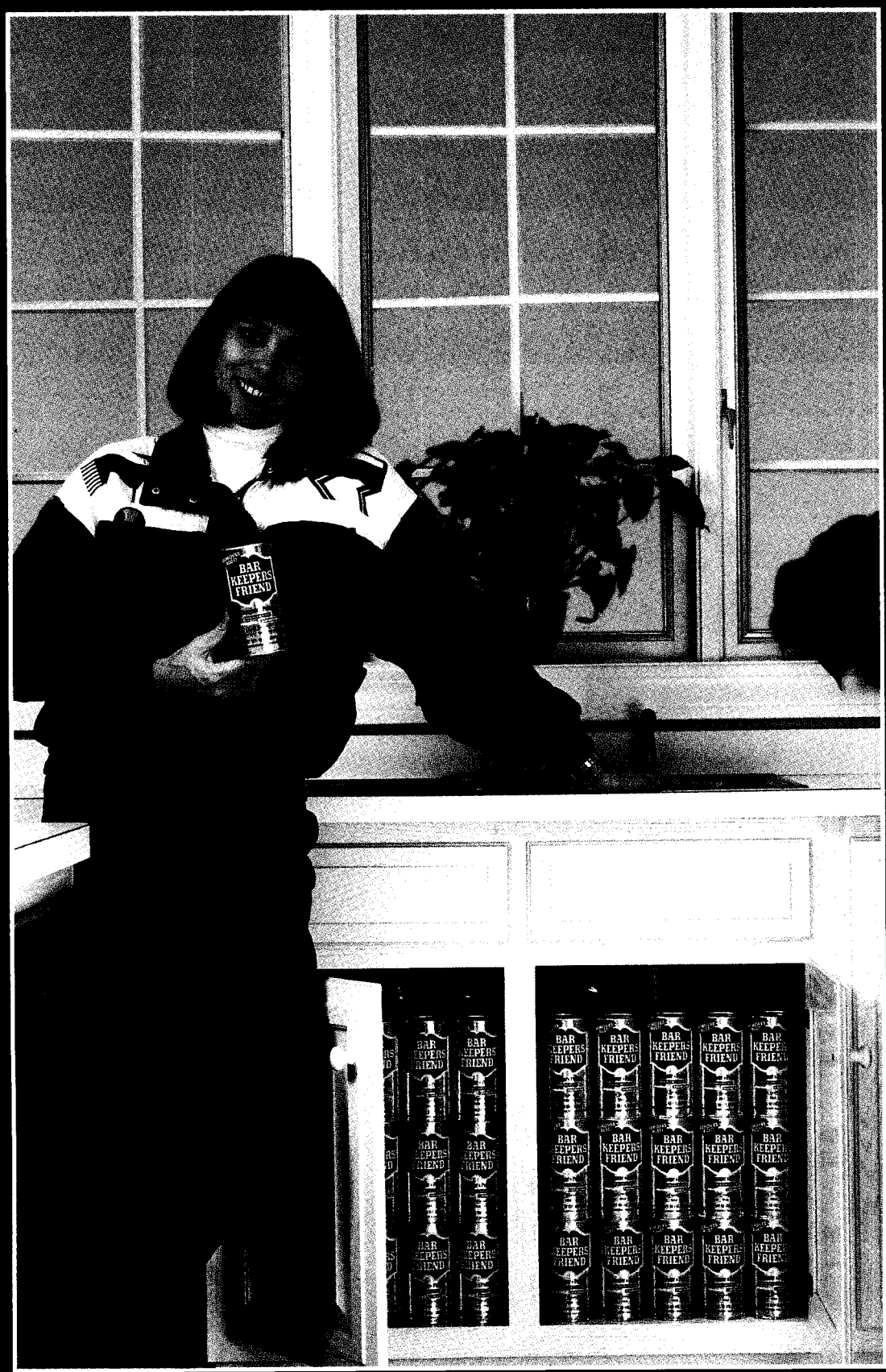

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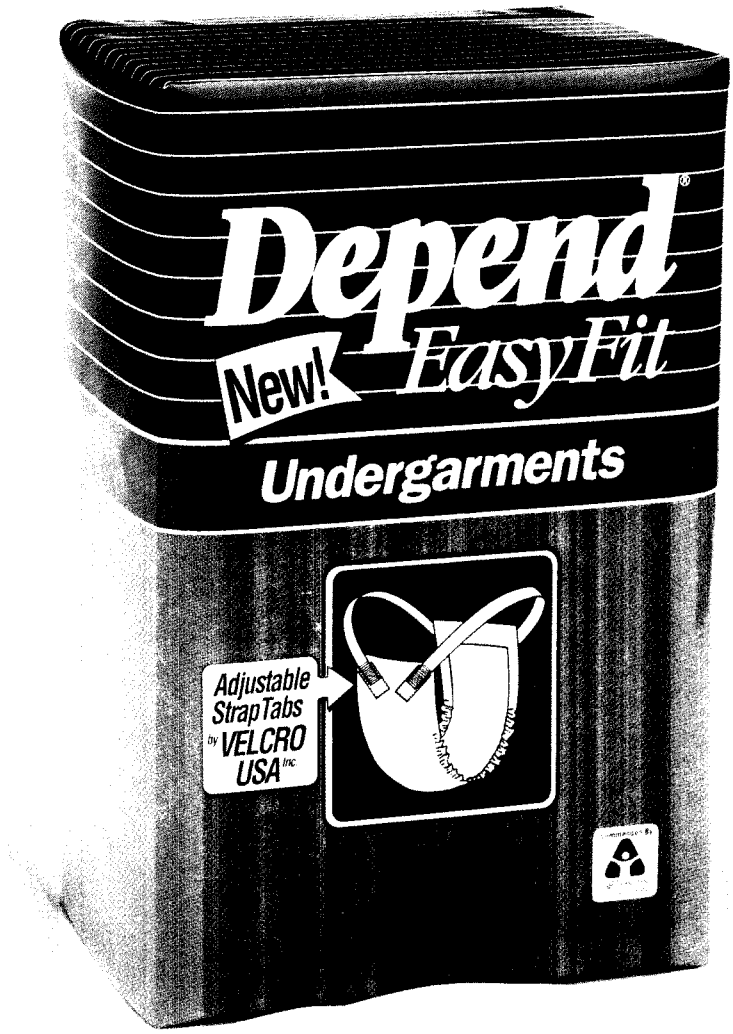

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